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Olympic Truce fosters peace

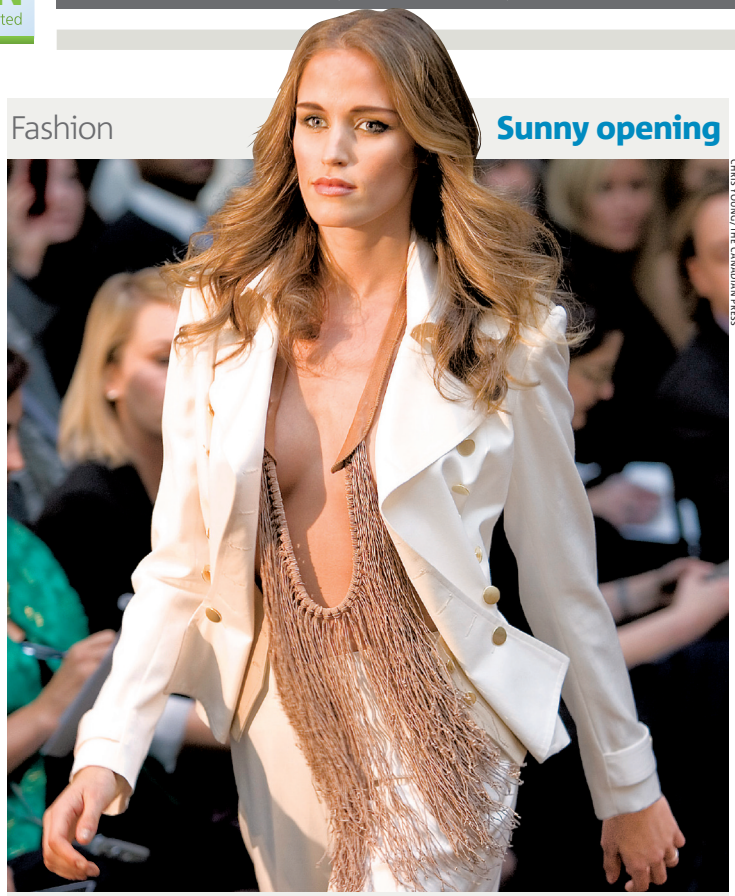
RESOLUTION The United Nations has adopted the so-called Olympic Truce, calling on countries to use the 2010 Winter Games in Vancouver to promote peace. The resolution has been dismissed by critics who say it is little more than symbolism with a tenuous connection with the ancient Games.

But the head of the Vancouver Olympic organizing committee, John Furlong, said the resolution carries an important message of unity that extends far beyond the 17 days of the Games.

THE CANADIAN PRESS

Fashion

Sunny opening



CHRIS YOUNG/THE CANADIAN PRESS

A model wears a creation by the designer Sunny Fong yesterday during the opening show of Toronto Fashion Week. Go to metronews.ca for daily reviews, blogs, photos and more from Toronto Fashion Week. More coverage, page 28.

Smiles work

Poll finds Canadians less likely to shake hands due to swine flu

Roughly one-third of those surveyed for a Canadian Press Harris-Decima poll said they were less inclined to shake hands because of the H1N1 virus.

Even more — 52 per cent — reported that someone else had declined to shake hands with or hug them because they were worried about spreading the virus.

But the poll suggested these precautions aren't new — almost two in three people declined to touch others in the past for fear of passing along an illness.

"Canadians are pretty familiar already with the more polite habit of avoiding things like hugs or handshakes when you or someone you are with has a virus," said Doug Anderson, senior vice-president at Harris-Decima.

At least one Canadian shrine is resistant to people's worries about catching or spreading H1N1 — the Hockey Hall of Fame, home of the Stanley Cup.

Spokeswoman Kelly Masse says people often still kiss and touch the cup. "We clean it every night," she said.

THE CANADIAN PRESS

Vaccine

- Federal Health Minister Leona Aglukkaq says two million doses of the swine flu vaccine have been shipped to the provinces and territories to await final sign-off from Ottawa.

News on the Move

What's this barcode for?

Learn how to scan the barcode with the instructions at the top of pg 3

SmallBusiness

Metro's series on Small Business Week will explore current issues affecting small businesses as well as profile successful small business owners. See pages 12, 20 and 23 for more.

On the web

Visit metronews.ca for news updates

On-duty cabbies arrested in prostitution sweep

A total of 70 men are facing charges after a prostitution sweep last weekend in the Danforth area.

The investigation was conducted over a three-night period and used plainclothes officers to target men seeking street prostitutes in the area.

The men are all charged with communicating for the purpose of prostitution.

Eight of the men charged are licensed cab drivers, Const. Wendy Drummond said, and were on duty at the time of the alleged offence.

According to Drummond, two of the men arrested each solicited two officers on the same night.

"They solicited, were arrested and charged, and then solicited again to an undercover officer," she said.

TORSTAR NEWS SERVICE

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ScanLife

Local

Bryant headed to court Nov. 16

Criminal charges against former Ontario attorney general Michael Bryant, left, will be heard before a Toronto court on Nov. 16. Bryant was not in court yesterday for a routine proceeding in which the case was put over to the new date. The former provincial cabinet minister is charged with criminal negligence causing death and dangerous driving of a vehicle causing death in a fatal accident involving a cyclist on Aug. 30. THE CANADIAN PRESS

METRO INTERNATIONAL NEWSPAPER OF THE YEAR 2009 Festival of Media Awards

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Celebrity Buzz Pg 33

Tomorrow's Metro

Word on the street

Metro readers weigh in on what the punishment should be for the boy's parents in the runaway balloon incident.

metronews.ca
What's online today.

Video Provinces, territories receive first shipments of H1N1 vaccine: Aglukkaq, at **metronews.ca/canada**

Lotteries

Monday Oct 19: Ontario Pick 3: 7 9 1; Ontario Pick 4: 2 9 0 8; Encore: 6255590
Daily Keno: 1, 5, 7, 8, 14, 15, 22, 23, 25, 29, 35, 37, 40, 41, 52, 59, 63, 66, 67, 69.
These results are not official.

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Salaries back on the books

McGuinty agrees 'burying' pay in hospital budgets is questionable

Highly paid Ontario government bureaucrats will no longer have their salaries "buried away" in hospital budgets to skirt public scrutiny, Premier Dalton McGuinty said yesterday, bowing to opposition pressure following a Torstar News Service exposé on the practice.

Maximum salaries

- The maximum allowable salary for deputy ministers is $220,150 and $188,950 for associate and assistant deputies.

McGuinty acknowledged that the habit "offends the spirit" of the province's salary disclosure law and that bureaucrats will now be listed under the ministry where they work.

Torstar detailed the questionable practice two weeks ago. And while Deputy Premier George Smitherman initially defended the practice McGuinty agreed "burying" the salaries was questionable, but noted both the NDP and PC party did it while in power. TORSTAR NEWS SERVICE

Committee will hear testimony from eHealth

SCANDAL A promise that top officials from scandal-plagued eHealth Ontario will appear before a legislative committee didn't stop Opposition demands yesterday for a public inquiry into the $1 billion the province has spent trying to develop electronic health records.

The auditor general's report into eHealth uncovered examples of bid rigging and favouritism when the agency awarded millions of dollars in untendered contracts to consultants, said Progressive Conservative Leader Tim Hudak.

"Who was involved in what appears to be bid rigging?" Hudak asked.

The governing Liberals last month used their majority to prevent a legislature committee from compelling the chairman of eHealth's board and the agency's CEO to testify, but that changed yesterday with an announcement from eHealth. The agency confirmed that its new CEO Rob Devitt and interim chairwoman Rita Burak, would appear before the public accounts committee. THE CANADIAN PRESS

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Environment **Famous family**

LUCAS OLENIUK/TORSTAR NEWS SERVICE

Guest speaker and environmentalist Louise Harrison speaks to students at Upper Canada College. She visited the school yesterday morning to deliver a talk on the environment wearing a T-shirt of her brother — George Harrison of the Beatles.

Parents lobby for increase in deaf health coverage

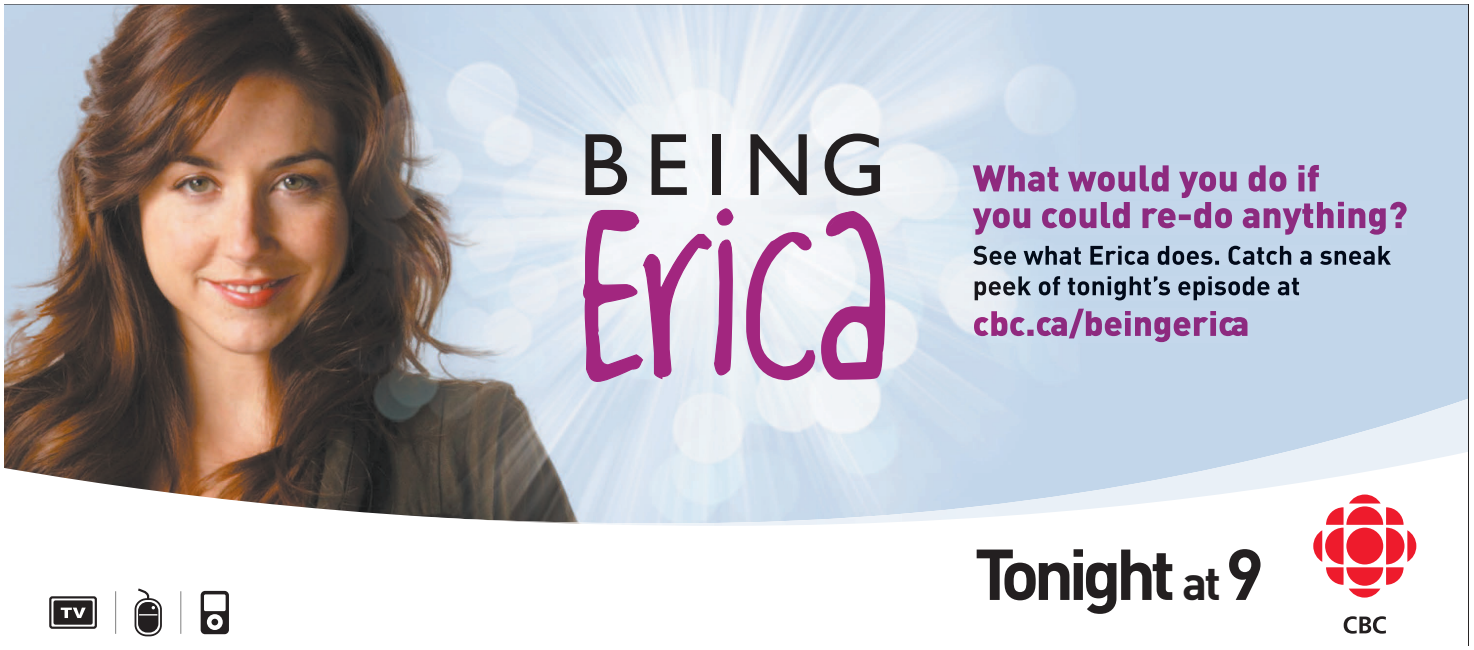
FUNDING There were no firm commitments, but the Ontario government promised yesterday to consider a series of requests from a coalition of 150 parents, students and professionals lobbying for more health and educational supports for deaf children.

The group was pushing for province-wide standards in services for the estimated 5,000 Ontario children who are deaf or hard of hearing, and spent the day meeting with cabinet ministers and opposition politicians.

The province should pay for cochlear implants that help the deaf detect sound for both ears, instead of one, said Nora-Lynn McIntyre of VOICE for Hearing Impaired Children. The government will consider the request, said new Health Minister Deb Matthews. THE CANADIAN PRESS

News in brief

CLOSURE Ruby, the beleaguered Scarborough Chinese restaurant, venue of hundreds of weddings and engagement parties, abruptly filed for bankruptcy yesterday, two weeks after it failed two health inspections. It had 64 full-time staff with 25 more working part-time. TORSTAR NEWS SERVICE



Burlington teacher facing child porn charges
A Burlington teacher with the Halton District School Board has been charged with two counts of child pornography. Trace Teeple, 51, is facing one charge of making available child pornography and one charge of possession of child pornography. TORSTAR NEWS SERVICE

Youth hockey team robbed

$4,000 in fundraising stolen

A group of seven-year-old boys were robbed of $4,000 last weekend, money they'd raised for their hockey team.

The Clarington Thunder, a team made up of 13 seven-year-olds, had spent all of Saturday fundraising at the Apple Festival in Bowmanville for the team's travel expenses, uniforms and ice time. After nearly eight hours of selling raffle tickets, carrying donation boxes and selling gift baskets, the boys managed to raise $4,000.

SUBMITTED PHOTO
The Clarington Thunder pose for a picture in this file photo.

"We were trying to teach our kids such a valuable life lesson that if they worked hard and represented themselves appropriately that they would raise lots of money for their team," said Gregory Parnell, father of a Thunder player.

The theft happened between 4 p.m. and 6 p.m., police said. Julie Weeden, the team's manager and mother of a Thunder team member, said the cash was stuffed into brown envelopes inside of a plastic bag. She left the bag inside the glove compartment of her truck for safekeeping, and it wasn't until she went to pick up pizza for the players that she discovered the money was missing.

The group called police, who determined that Weeden's car had been broken into. According to Durham Police, scratches on Weeden's car door indicate that it had been pried open with a bar.

TORSTAR NEWS SERVICE

Impaired driver asks for translator

COURT A 21-year-old man accused in a horrific weekend car crash that killed three women asked for a translator and a lawyer during his court appearance yesterday morning.

Proceedings were held up while the court looked for a Russian translator. The Crown intended to ask for the suspect to be denied bail. The suspect, Roman Luskin, faces three counts of impaired driving causing death, three counts of criminal negligence causing death and failure to provide a breath sample. TORSTAR NEWS SERVICE

Oscar the Grouch **Waste Reduction Week**

ANDREW WILLIAMSON/FOR METRO TORONTO
Oscar the Grouch made a surprise appearance at Rose Park Public School yesterday to help kick off Waste Reduction Week in Canada. Four hundred of the city's most eco savvy students filled the Platinum-level Eco School's assembly hall to be quizzed about their waste reduction habits by the green muppet.

Breaking up is hard to do on Queen

TRANSIT 'Twas a typical day riding west on the 501 Queen streetcar yesterday.

An unwashed fellow with shifty eyes held a spirited conversation with himself, while another flossed his teeth in the seat behind him.

Yes, just a normal day.

It was, anyway, until the TTC driver called out, without previous warning, that the next stop, at Shaw Street, would be the final westbound one and passengers had to get off.

Some shot dirty looks, some expressed how they didn't understand what was happening. What was happening was Monday was day one of a five-week test of dividing what used to be the longest streetcar route in the city into two overlapping segments on weekdays in an attempt to improve the flow of the perennially troubled line.

TORSTAR NEWS SERVICE

Bunching

- While the TTC is still watching the numbers, up until 4 p.m. yesterday, the short-turn level was the lowest it had been in two weeks — meaning there was less bunching of streetcars.

News in brief

POLICE Critics say Ontario's new civilian agency to deal with police complaints fails to fully address the key problem of police investigating their own. The Canadian Civil Liberties Association says the changes still give a fair bit of discretion for police to not hand over complaints.

HIT AND RUN Toronto Police have identified the man who was killed by an SUV on Adelaide Street Sunday morning. Christopher Skinner, 27, was walking home from the Entertainment District when he was hit by the SUV in what police are describing as an intentional hit. TORSTAR NEWS SERVICE

Taxi driver charged with sex assault

A Milton taxi driver has been charged with sexually assaulting a passenger. The driver allegedly fondled the 33-year-old woman Sunday morning. TORSTAR NEWS SERVICES

The bosses' blues

Stress takes toll on employers' health: Study

Ever wish you had a voodoo doll of your boss? Well, in a sociological sense, you already do, a new University of Toronto study suggests.

Anger and carping directed at superiors may actually be making them less healthy than they should be, according to the paper.

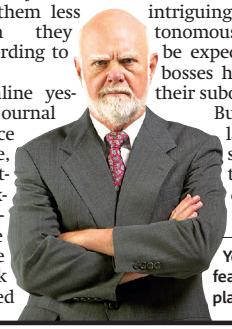
Published online yesterday by the journal Social Science and Medicine, the study attempts to explain why people with more authority in the workplace lack the expected physical and psychological benefits that their paycheques and power should provide.

U of T sociologist Scott Schieman, the study's lead author, said such things as better incomes and more intriguing and autonomous work would be expected to make bosses healthier than their subordinates.

But in particular, Schieman says, there are two types of common stresses often faced by bigwigs.

"One is that they are exposed to more interpersonal conflict in the workplace, problems with other people, directing other people's work, incompetent workers," Schieman says. "The other thing is they tend to bring work home with them more often than others who don't have authority."

And on a host of broad health indicators like chest pain, stomach pain and insomnia, bosses fared no better than their underlings. TORSTAR NEWS SERVICE



Your angry boss may have just as much reason to fear you, according to a new study that says workplace stress may be harming bosses' health.

Vaughan councillor accused of conflict of interest

COMPLAINT Vaughan Councillor Peter Meffe is facing allegations that he failed to disclose a conflict of interest when he voted on dozens of development applications made by companies with which his electrical company did business.

The allegations are part of a complaint filed in court alleging that Meffe violated the Municipal Conflict of Interest Act. The allegations will be heard by an Ontario Superior Court judge in January. They include an instance in 2006 in which Meffe voted to lift zoning restrictions for a cluster of retail-commercial buildings in Vaughan. The affidavit alleges that Meffe's company at the time had a contract for wiring work for the developer making the application. TORSTAR NEWS SERVICE

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Boiler blast sends 3 to hospital

Three men were taken to hospital after a boiler explosion in a building used to provide heat and ventilation to federal government buildings in Ottawa. One of the men has second-degree burns to 60 per cent of his body, while the other two have minor injuries. THE CANADIAN PRESS

Canada

Giving French colleges a boost

Former Quebec premier Bernard Landry, left, has joined a campaign aimed at extending the province's language law to get more students attending junior college in French. Landry and a coalition of hardline nationalists want to reduce the number of students who go to English post-secondary institutions. Under Bill 101, new immigrants to Quebec are required to attend French elementary and secondary schools but are free to go to either an English or French junior college. THE CANADIAN PRESS

Costs of bill still unknown

Pre-sentence jail credit targeted

Parliamentarians are in the final stages of passing a prison-sentence bill without fully understanding the price tag or the repercussions on prison conditions — despite some estimates the measures could cost hundreds of millions of dollars.

Bill C-25 would put an end to the common practice of giving criminals a two-for-one credit for time served in jail before being sentenced. Instead, the bill would have judges give them a straight one-for-one credit for time served.

But MPs and senators have not been able to figure out how much it will cost to implement, or gauge how the prison population will be affected.

Officials have costed the proposal, but say they can't release the numbers because of cabinet confidentiality. Data from Statistics Canada, however, point to at least a 10 per cent increase in the federal prison population, and costs well over $100 million a year.

The Conservatives have argued that prisoners are gaming the system to get out of jail early. They claim that many unsentenced prisoners fight to stay in remand longer, so they can avoid long stays in sentenced custody.

THE CANADIAN PRESS

Routine upgrades justifying 'propaganda': Grits

OTTAWA The Harper government is plastering signs promoting its economic action plan on federal buildings that are receiving what Liberals say is routine maintenance.

Liberal MP Wayne Easter says a huge "propaganda" sign has been posted outside an RCMP building in Charlottetown, where door knobs are being installed.

"That seems to me like it should be regular maintenance," Easter told a news conference yesterday.

"For every (time Prime Minister Stephen Harper) screws a light bulb in a building, he'll probably have a sign out in front of it and it's your money."

The generic signs posted on projects trumpet the economic action plan but don't specify the work being done. Liberal MP David McGuinty suggested the ploy is aimed more at boosting the governing party's popularity than informing taxpayers how their money is being spent.

But a spokesman for Harper defended spending stimulus funds on things like door knobs.

"This maintenance work might not be glamorous ... but it is work that can be done right now, which means that stimulus is being put into the Canadian economy now, when it's needed," said Andrew MacDougall. THE CANADIAN PRESS

SEAN KILPATRICK/THE CANADIAN PRESS

Liberal MP Wayne Easter holds up a door knob in Ottawa yesterday. He pointed out that the Conservatives are placing economic action plan signs in front of government buildings that have only had routine upgrades such as door knob replacements.

News in brief

TORTURE The federal government has rejected a call from MPs to compensate three Canadians tortured overseas. In a response issued late yesterday, the government said it "would be inappropriate" to do so because the three men are suing federal agencies.

MEDALS Every Canadian soldier who has died in Afghanistan will be recognized with a Sacrifice Medal under newly revised criteria released yesterday by Defence Minister Peter MacKay. When first announced last year, the award recognized only soldiers killed or wounded by hostile fire.

THE CANADIAN PRESS

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Guelph man arrested for assaulting mother
A Guelph man faces two counts of assault for attacking his elderly mother and a man in a parking lot Sunday. THE CANADIAN PRESS

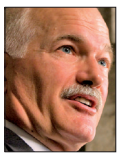
Layton urges MPs to reject motion

Wants to send world an eco message

NDP Leader Jack Layton says parliamentarians have a chance to restore Canada's reputation as a protector of the environment, just in time for December's high-stakes summit on climate change in Copenhagen.

Layton is urging MPs to vote down the Conservative motion tomorrow to delay his Climate Change Accountability Act, which sets out strict greenhouse-gas reduction targets.

"If that motion passes, it would be impossible for the bill to come back before Copenhagen, and Canada would simply have to go and stand naked before the world, with Stephen Harper's terrible position on climate change," he said.


Jack Layton

Although the bill has gone through the House of Commons, it was never made into law because of last year's election. Now it has been rejuvenated, but the Conservatives are asking for a delay that would send the bill back for more study.

Layton wants MPs to reject the delay so they can vote for the bill and send the world a strong message that the Canadian public and its elected representatives want to take action.

It is hoped the summit will yield a successor to the Kyoto Protocol, a global greenhouse-gas treaty ratified by dozens of countries, including Canada.

The Conservative government has pledged to lower greenhouse gases by 20 per cent from 2006 levels by 2020.

THE CANADIAN PRESS

New leader for Wildrose Alliance Party

POLITICS New Wildrose Alliance Party of Alberta leader, Danielle Smith, says she'll likely run for a seat in Calgary, but acknowledges she has her work cut out for her making inroads in northern Alberta.

Smith, who won the party's leadership over the weekend, insists the Wildrose Alliance is a big-tent party that can attract Albertans from all walks of life, not just fiscal and social conservatives.

THE CANADIAN PRESS

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Windsor casino employees dealt a bad hand

Windsor's casino is laying off 120 unionized and non-union employees. Caesars Windsor says 110 of those are unionized. A small number of others are being moved to different roles, including to part time. THE CANADIAN PRESS

MacKay wants answers on torture warning

POLITICS Defence Minister Peter MacKay says he intends to find out why reports warning of the possible torture of Afghan prisoners early in the Kandahar mission never made it to his desk.

He says neither he, nor his deputy minister ever saw diplomat Richard Colvin's reports that were circulated widely within both the departments of Foreign Affairs and National Defence, as well as among senior military commanders.

For over a year after the reports were filed, the Conservative government maintained it knew nothing of possible prisoner abuse.

Backlash

- All three opposition parties demanded answers in question period yesterday, saying they find it hard to believe that such stark human-rights abuse warnings could have been ignored by senior officials and not passed along to their ministers.

Both Prime Minister Stephen Harper and former defence minister Gordon O'Connor also say they never saw the warnings, There has been no comment from the top military brass.

THE CANADIAN PRESS

More coverage, page 9

News in brief

CONTRACT All three opposition parties are demanding to know how a Montreal engineering firm with a Tory senator on its payroll landed a federal stimulus contract. Senator Leo Housakos worked for BPR, part of a consortium that won a $1.4 million contract to study the aging Champlain Bridge between Ottawa and Gatineau, Que. The same day the government announced it would tender the contract, Housakos organized a major Conservative fundraiser in Montreal.

THE CANADIAN PRESS

Who are these migrants?

Men from intercepted ship could be Sri Lankans: Van Loan

Canada Border Services Agency still hasn't disclosed information on the identities of 76 men whose small cargo ship was intercepted off the West Coast on Friday.

The men are being held at a Vancouver jail and will likely have their initial detention reviews before the Immigration and Refugee Board later this week.

Public Safety Minister Peter Van Loan has said they might be from Sri Lanka, and a spokesman for the Canadian Tamil Congress said he believes they're Tamils fleeing continued persecution five months after a bloody civil war ended.

Roy Ratnavel says Tamil men aged 15 to 45 are most likely to be imprisoned, tortured or killed as the Sri Lankan government tries to pacify the island's Tamil region.

Canada has one of the largest population of Tamils outside Sri Lanka, which makes it a likely destination for would-be refugees.

DARRYL DYCK/THE CANADIAN PRESS

A law enforcement officer, left, appears to have a weapon trained on would be migrants pictured through the tinted windows of a bus as it and another bus are escorted by RCMP officers and B.C. Sheriff's vehicles through Delta en route to an undisclosed location after arriving on a ferry from Vancouver Island on Sunday. Seventy-six males, believed to be from Sri Lanka, were found aboard the ship Ocean Lady that entered Canadian waters off Vancouver Island.

However, Canada has also declared the separatist Tamil Tigers a terrorist organization, meaning anyone who fought for the Tigers would be automatically barred from gaining refugee status.

THE CANADIAN PRESS

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Departs Oct 31/nol/ts/5g.

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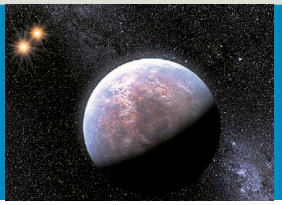
U.S. pig tests positive for H1N1
At least one pig in the U.S. has tested positive for the H1N1 virus, the U.S. Department of Agriculture said yesterday, the country's first case of a pig contracting the virus. THE ASSOCIATED PRESS

World



New planets could host life

European astronomers have found 32 new planets outside the solar system, adding evidence to the theory that the universe has many places where life could develop. Scientists using the European Southern Observatory telescope did not find any planets quite the size of Earth or any that seemed habitable or even unusual. But their announcement increased the number of planets discovered outside the solar system to more than 400. THE ASSOCIATED PRESS

Election fraud confirmed

Canada, U.S. push Karzai as uncertainty clouds possible Afghan run-off

Hundreds of thousands of votes cast in Afghanistan's presidential election will be thrown out of the final count after a Canadian-run United Nations panel confirmed yesterday the August contest was marred by widespread fraud.

The Electoral Complaints Commission, which is headed by Ottawa's Grant Kippen, submitted a report that sources say pushes incumbent Hamid Karzai's share of the vote below the 50 per cent threshold needed to prevent a run-off.

"We found a significant amount of fraud in the sample we looked at," Kippen said.

It's up to the Independent Election Commission, however — a body over which Karzai wields a fair degree of influence — to decide whether or not to order a second round of balloting between the incumbent and his challenger, former foreign minister Abdullah Abdullah.

MUSADEQ SADEQ/THE ASSOCIATED PRESS

Chairman of the UN-backed Electoral Complaints Commission Grant Kippen speaks yesterday in Kabul.

Speculation has been rampant that Karzai may not accept the ECC's conclusions. His campaign team refused to immediately endorse the ECC report, saying it would take time to study the decision.

However, U.S. Secretary of State Hillary Clinton said the suspense would end today.

"(Karzai) is going to announce his intentions," Clinton told reporters. "I am going to let him do that, but I am encouraged at the direction the situation is moving."

Clinton, who was among several world leaders who have been in touch with Karzai in recent days, declined to say whether the Afghan president has decided to accept the ECC's recommendation and agree to a run-off.

Prime Minister Stephen Harper also spoke yesterday with Karzai and urged him to "maintain an unqualified commitment to the constitutional democratic process in Afghanistan," spokesman Dmitri Soudas said in an email.

"The prime minister noted that Canada and the international community have strongly supported the rebuilding of Afghanistan under President Karzai, the first democratically national leader in the country's history." THE CANADIAN PRESS

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Obama proposes new approach to Sudan

DARFUR U.S. president Barack Obama said yesterday the U.S. will shift its policy toward Sudan to one based on working with the Khartoum government instead of isolating it.

Still, the president said he will renew tough sanctions against the Sudanese government later this week.

Secretary of State Hillary Rodham Clinton announced details of the new approach at a news conference, joined by UN Ambassador Susan Rice and Scott Gration, the president's special envoy to Sudan.

"Sitting on the sidelines is not an option," Clinton said. "It is up to us and our partners in the international community to make a concerted and sustained effort to help bring lasting peace and stability to Sudan and avoid more of the conflict that has produced a vast sea of human misery."

In a separate statement, Obama said the U.S. and international community must act "with a sense of urgency and purpose" to seek an end to conflict, human rights abuses and genocide in Sudan's Darfur region. He said an agreement between the North and South in Sudan must be implemented for there to be any chance for long-term peace.

ABDRAHMANE/THE ASSOCIATED PRESS

Sharon Commins, an Irish aid worker who was seized at gunpoint three months ago in Darfur, arrives in Khartoum yesterday. Two foreign aid workers were released in the longest kidnapping of aid workers in the region.

The Darfur conflict began in February 2003 when ethnic African rebels took up arms against the Arab-dominated Sudanese government in Khartoum, claiming discrimination and neglect.

UN officials say the war has claimed at least 300,000 lives from violence, disease and displacement. They say some 2.7 million people were driven from their homes and at its height, in 2003-05, it was called the world's worst humanitarian crisis. THE ASSOCIATED PRESS

U.S. diocese files for bankruptcy

DELAWARE A bankruptcy filing by the Catholic Diocese of Wilmington, Del., was the best way to ensure compensation for victims of clergy sexual abuse, a bishop said yesterday. The diocese filed for bankruptcy protection late Sunday after settlement negotiations failed with 13 alleged victims, including eight whose trials were scheduled to begin. More than 100 other alleged victims were pursuing compensation outside court. THE ASSOCIATED PRESS

No charges yet in balloon hoax

COLORADO Authorities investigating the family accused of perpetrating a hoax over their son's feared disappearance in a balloon to promote a reality show said yesterday they don't expect to bring possible charges until at least next week.

It will then be up to prosecutors to decide whether to file charges against Richard Heene or his wife, Mayumi.

The couple's lawyer, David Lane, said earlier in the day that he expected charges to be filed by tomorrow. With television cameras and reporters set up outside the Heene home, Lane has stressed the Heenes are willing to turn themselves in to avoid the spectacle of a public arrest.

Lane declined to say directly whether he believes the incident was a hoax but said the Heenes are innocent unless convicted. THE ASSOCIATED PRESS

The plot thickens

- Investigators also want to question an associate of Richard Heene after emails surfaced showing the two had discussed a balloon hoax months ago as part of a public relations campaign for the reality show. Robert Thomas of Denver claimed Heene had told him he was planning a media stunt to promote a proposed reality show. Thomas sold his story to blog Gawker.com and provided the website with email exchanges between him and Heene.

News in brief

EUROPE The International Red Cross said yesterday it has been finding hunger and other problems from the global economic crisis appearing in the European Union, traditionally a source of money for other parts of the world.

KENYA Police say an unknown number of people are trapped in the rubble of a collapsed building in Nairobi. Last week, an architecture association said 65 per cent of structures in the country did not meet required standards. THE ASSOCIATED PRESS

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Riot breaks out in Algerian capital

A riot broke out on the eastern edge of Algeria's capital yesterday after police moved in to tear down squatters' shanties. Witnesses say several dozen people appeared to have been hurt in the riot. Police say about 10 officers were injured. THE ASSOCIATED PRESS

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Iran talks get off to 'good start': Official

Talks to persuade Iran to move most of its enriched uranium out of the country have gotten off to a "good start," the head of the UN nuclear agency said yesterday.

The comments by Mohamed ElBaradei, who heads the International Atomic Energy Agency, were significant because Iran earlier had signalled it would not meet Western demands for a deal under which it would send most of its enriched material abroad — a move that would delay its ability to potentially make a nuclear bomb.

Uranium

- Western officials were attempting yesterday to implement what they said Iran had agreed to during Oct. 1 talks in Geneva — letting a foreign country, most likely Russia, turn most of its low-enriched uranium into higher grades to fuel its small research reactor in Tehran.

Tehran has said it needs enriched uranium for nuclear fuel. But the West fears it could be used to make weapons, and the U.S. says Iran is now one to six years away from being able to do so.

Yesterday's Vienna talks between Iran and the U.S., Russia and France were focused on a technical issue with huge strategic ramifications — whether Iran is ready to farm out some of its uranium enrichment program to a foreign country.

ElBaradei appeared cautiously optimistic after the first day of closed meetings, saying most technical issues had been discussed and the parties would meet again this morning.

THE ASSOCIATED PRESS

Firemen **On strike**

CHRISTOPHER FURLONG/GETTY IMAGES

Firefighters from the Fire Brigades Union walk out to start their first 24-hour strike outside the Fire Brigade headquarters yesterday in Sheffield, England. Firefighters in South Yorkshire are in dispute after 744 employees were threatened with the dismissal if they did not accept new employment contracts to work 12-hour day and night shifts.

President vows to crack down on Brazil's drug traffickers

PROMISE Brazil's president promised yesterday to battle drug traffickers who triggered a weekend of bloody chaos that killed 21 people in Rio de Janeiro just two weeks after the city won the 2016 Olympic games.

"We'll do anything it takes and make all necessary sacrifices so we can clean up the mess that these people are imposing on Brazil," President Luiz Inacio Lula da Silva told reporters in Sao Paulo.

Rio police said the death toll from weekend clashes between rival gangs had risen from 14 to 21 because more bodies were found in the Morro dos Macacos slum, where the shooting also downed a police helicopter, killing three officers.

THE ASSOCIATED PRESS

News in brief

FRAUD France's education minister has suspended the University of Toulon's president and two others for allegedly trying to stymie an investigation into a cash-for-diplomas scandal involving Chinese students.

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Comment

Abuse of power may haunt Harper

In covering the Liberals a decade ago, I kept a file entitled "abuse of power." Over the years it grew in size. In it were reports of opposition Conservatives lambasting the Grits every step of the way — and promising a new way.

Today I keep an abuse of power file on the Conservatives. It doesn't have the same heft as the Liberal one, but it is growing rapidly, making unimaginable gains. Unimaginable because these same Tories watched the Grits fall from power largely because of corruption-related activities and promised the cleanup.

The cleanup? Let us behold this last month for example.

There's the revelation of Conservatives putting their names or party logos on stimulus funding cheques — cheques from taxpayer money, not their own.

There's the revelation they engaged in blatant favouritism by directing the great bulk of stimulus funding to their own ridings. Example: Peter MacKay's Conservative riding in Nova Scotia got $87 million in stimulus grants, more than all five Liberal ridings in the province combined.

There's the revelation that in making a recent economic update the Tories spent more than $100,000 to turn it into a campaign-style rally for the party.

The disclosures are not entirely surprising. The Conservatives began to abuse power before they even came to power. It was discovered that during the 2006 campaign — while Stephen Harper was pledging a new era of accountability — his political machine was operating a sly in-and-out scheme that camouflaged expenditures so as to allow his party to spend more than entitled under election regulations.

Many examples of abuse of power followed. But the Conservatives didn't suffer much. They could always point to the Liberal record. That's what Transport Minister John Baird did in the Commons yesterday — You guys did it, so it's all right for us to do it.

Charming.

If the Harper machine didn't have anything to hide, it wouldn't hide it. But reporters trying to get detailed information here are being stonewalled.

Back in Jean Chrétien's day, there was a similar stimulus spending controversy over a program called Transitional Job Funds. It led to Jason Kenney calling Chrétien "the king of pork."

History stunningly repeats itself. It isn't as bad in that the Harper machine has nothing as serious as a sponsorship scandal on its hands. But it's just as bad, if not worse, in that this is the prime minister who promised a new way.

He may well be haunted for hypocritically giving us the old.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

CanWest provides an important lesson

CanWest Global Communications will suffer yet another financial humiliation Nov. 13. That's the day the company's shares, each of which currently trades for less than the cost of a handful of Skittles, will be delisted on the Toronto Stock Exchange. CanWest was once a champion of media convergence. Today, it is a distressed company that is an example of enforced divergence, thanks to economic circumstances and hard-nosed creditors.

CanWest's disintegration has been predictable for some time. When you pile on about $4 billion in debt and rely on cyclical businesses like broadcasting or newspapers, whose fundamental business models are being reshaped by rapidly changing technology, you're very likely to run out of cash.

But while the company's descent into bankruptcy protection is an extreme case study in overambitious growth by acquisition, it should serve as a warning to the many companies that have increasingly relied on mergers and acquisitions to fuel growth rather than building from the inside out.

Particularly in the past decade, Canadian companies have been gobbling up competitors at home and abroad. The pressure to do so is obvious: If you don't indulge in the consolidation binge, your rivals surely will, and they will digest you in the process.

This voracious survival imperative has to be balanced against the risks of acquisitiveness.

Despite the risks, Canadian companies have healthy appetites. In the five years ended in 2008, they consummated 6,684 deals worth $587.6 billion, according to figures compiled by investment banker Crosbie & Co. In most years, close to half the value of acquisitions consist of Canadian companies either buying foreign-owned firms here or abroad, usually in the U.S.

Who says we're not risk takers?

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.

MICHAEL DE ADDER

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Small Business

Do your research

One often overlooked source of financing is government programs, which include grants, subsidy programs and financing programs. Canada Business, canadabusiness.ca is a great resource to help locate and assess programs.
NEWS CANADA

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Family, friends can be investors

JON TATTRIE
for Metro Canada

After you've emptied out your piggy bank, turn to the "three Fs" to fund your start-up business, says Darrell Zahorsky, small business expert for About.com.

The Fs are "friends, family and fools," he says in an email interview. "Tap those close to you who know your track record and believe in you. Be serious about the business and they will seriously consider investing."

Building a base of solid investors is critical. "Be fully invested in your business, emotionally and financially," advises Zahorsky. "Investors want someone who is committed to the business in good times and bad. More importantly, they want to see that you have invested fully in your business. Why should they put their money at risk if you're not willing to do the same?"

Building a solid business plan is key when you're looking for investors.

Once you're up and running, be smart with how you spend your hard-earned (or hard-borrowed) money.

"The current recession has taught small business the harsh realities of tight money management," he says. "It's all about making your money work for you."

Flashy magazine or TV ads might make you feel great, but may not bring in as much money as the less glamorous process of networking and getting your friends to spread the word, Zahorsky says.

> **"Why should they put their money at risk if you're not willing to do the same?"**
> Darrell Zahorsky

Shawn Cunningham, the manager of financing programs at the Centre for Entrepreneurship, Education and Development in Halifax, sees hundreds of fledgling businesses every year. The first step is a solid business plan, he says. You need that to give your company a map to follow and to convince others that you'll get to your destination if they invest.

CEED works with the Canadian Youth Business Foundation Program, Canada Small Business Financing Program, credit unions and the Atlantic Canadian Opportunities Agency. If you play your cards right, you can get $50,000 to start your enterprise.

Cunningham says it's critical to establish a "buffer of working capital" so that if costs run over or revenue is under, the business doesn't run out of financial fuel, seize up and die.

"It's easier to get that upfront then after you get into the business for several months and start running out of cash and you're in scramble mode," he says.

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Manulife joint venture adds another Chinese city

A joint venture headed by Manulife Financial Corp. has received approval from China's insurance regulator to operate in Shantou city. Manulife-Sinochem Life Insurance Co. Ltd. now has an operational presence in 38 cities across China. THE CANADIAN PRESS

Business

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US 97.15¢	US $4.83	US $79.61	11,538.39
US 0.83¢	US 5.2¢	US $1.08	33.63

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Business in brief

MAC Apple Inc. increased its net income 47 per cent in the most recent quarter as more people bought Mac computers and gave in to the iPhone craze. The results sent Apple shares surging in extended trading yesterday to an all-time high. Apple unveiled a faster iPhone in June and cut the price of the previous generation of the phone to $99 US. Those moves boosted iPhone sales from July through September to 7.4 million devices.

CIT GROUP Billionaire investor Carl Icahn offered a $6-billion US lifeline to struggling lender CIT Group Inc. to replace a debt restructuring plan CIT has submitted to its bondholders for approval. Icahn, who is a CIT bondholder, said in a letter the loan would save the company $150 million in fees. CIT is one of the largest lenders to small- and mid-sized businesses in the U.S. THE ASSOCIATED PRESS

Barrick laying off Toronto HQ staff

MINING Barrick Gold Corp. plans to lay off about 80 people, primarily from its head office in Toronto, over the next six months.

The gold miner said yesterday it has completed an internal organizational review with the goal of clarifying roles and responsibilities, simplifying work practices and reducing overall general and administrative costs. Areas of overlap will be eliminated. THE CANADIAN PRESS

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Gannett Ad sales dropping

CHUCK BURTON/THE ASSOCIATED PRESS

Cost cutting produced a solidly profitable third quarter for Gannett Co., the largest newspaper publisher in the United States, with more than 80 newspapers including USA Today, earning $73.8 million, or 31 cents per share. But the results yesterday also show a big decline in ad revenue — down 28 per cent from a year ago. That follows a 32 per cent decline in the second quarter and 34 per cent in the first.

Toronto dead last

Least entrepreneurial: Poll

The economic downturn and higher property tax bills for business have landed Toronto at the bottom of a survey that ranks "entrepreneurial" cities.

The 2009 list from the Canadian Federation of Independent Business found that small business owners in the "urban fringes" feel better about how they are treated by local governments and are more confident in their business outlook. It put small communities in Saskatchewan and Quebec ahead of Canada's biggest cities when it comes to starting and running a small business.

Saskatoon came in first in the ranking, followed by Grand Prairie, Alta., Joliette, Que., and Moose Jaw, Sask. At the bottom came Stratford, Ont., and Vancouver, followed by three Ontario cities: Norfolk; Owen Sound; and Toronto.

"Overall, communities in Saskatchewan … have coped better in the economic downturn compared to other provinces," the report said.

The annual ranking is compiled using data from Statistics Canada to measure business start-ups and self-employment, information about local taxation and government regulations, and member surveys to gauge business outlook. TORSTAR NEWS SERVICE

Toronto's failings

- 10 per cent unemployment rate is well above the national average of 8.4 per cent.
- Long-standing tension over commercial and industrial taxes, which are higher than residential rates. Business owners say that gap is much larger in the city compared to surrounding regions.
- Regulatory policies that duplicate provincial policy, including land transfer tax, vehicle registration fees, shopping bag fees, waste management costs, and chemical use bylaws.

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AND:
MUHAMMAD USMAN
DEFENDANT

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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Benefit of loonie's rise

AlisonOnMoney
Alison Griffiths

metronews.ca/alisonmoney

Seven years ago the loonie had sunk to 62 cents against the greenback. U.S. holidays, cross-border shopping and on-line purchases evaporated like a drop of water under a hot sun.

Never again, most declared, would the loonie be at par, or even close to it, with the greenback. We were all reconciled to a 75 or 80 cent Canuck buck — which the economists called "fair value."

Then came not only par but beyond in late November 2007, as the loonie soared to over $1.08 before falling back down to 80 cents. Now, here we are, back in the high 90s. Par is starting to look attainable again.

In the seven years since our currency went from vincible to invincible, lots of people have wondered how to take advantage of the swings. One of the easiest ways is to open a US dollar account.

If you travel to the U.S. frequently, expect to take trips south of the border in the future or are planning a visit to countries like Mexico where the greenback reigns, then it makes sense to convert some loonies now.

Yes, we may rise above par but predicting currency peaks and valleys is something not even the foreign exchange traders do with much success. By purchasing U.S. dollars now you are creating your own mini-hedging strategy, protecting yourself against precipitous drops in the Canadian dollar.

Even if you don't expect to leave Canada, it is still a great time to start a small, U.S. dollar nest egg for online purchases, for example. Another reason to do so is if you have dependent children who may cross the border for shopping, sporting events, holidays or education.

Before you open a U.S. dollar account check the fees. Some banks waive maintenance fees and give you a couple of transactions free each month with a minimum balance of from $200 to $1,000.

Alison's Money Rule:

- You can't predict currency swings but you can benefit from the loonie-greenback roller coaster, regardless of which direction it goes.

Playing the currency game is a high wire act but when the loonie is strong it's an excellent time to put grab some greenbacks for future needs.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

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Mutual funds still good

Investing
Allan Small

metronews.ca/investing

The three main reason's why I purchase mutual funds for my clients are for diversification, gaining access to professional management and obtaining investments in parts of the world that I have less access to. If an investor has a smaller portfolio whereby it would be difficult to create a diversified portfolio out of individual securities, mutual funds can provide that investor with the diversification they require. Through a mutual fund an investor would not be investing into just one security, therefore lowering their risk.

Allan Small can be reached at asmall@dundeesecurities.com

On the web

Money Matters: Henry Choo Chong talks about transferring shares to a Tax Free Savings Account. Visit metronews.ca/ moneymatters to read his column.

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INFORMATION FEATURE

Online investing can be easy

Online investing has become a powerful tool for investors of all types looking to secure their financial future.

RAFAEL BRUSILOW
for Metro Canada

With the right tools at your disposal, building your online investment portfolio with RBC Direct Investing can be easy.

Jason Storsley, president and CEO of RBC Direct Investing says the most common thing new RBC online investors tell him is how much easier getting started investing online with RBC is than they expected.

"It's probably easier that you thought it would be to build an online portfolio because you're never on your own when you're investing with RBC Investments," Storsley said.

Online investing has come a long way since the days of labyrinthine websites and day-trader frenzies to be a powerful tool for investors of all types looking to secure their financial future.

"The Internet has changed the way people access goods and services and online investing is no different," Storsley said.

The most important changes, Storsley says, have been shifting attitudes towards online investing.

"Online investing has evolved in the sense that now people are looking to it to take more control of their investments. They're looking beyond stock trading to set up an asset mix and meet their long-term financial goals," he said.

An enormous influx of first-time investors into the online investing market has meant a greater need for smarter, more effective tools to help investors meet their needs and RBC has stepped up to the plate.

"Because more and more people without advanced knowledge are entering the space, we've offered a large number of tools to get started," Storsley said.

Online learning modules and "Show Me" video tutorials can help educate you about the ins and outs of online investing, Model Portfolios prepared by RBC experts let you put together a diversified asset mix instantly, and Quick-Start links get you started with confidence.

For new investors still a little queasy about risking their own money, RBC Practice Accounts offer the perfect way to test out online investing without risking real money and, most importantly, let you build the confidence you'll need to be a strong investor.

"You have a risk-free environment to try out all your investment strategies without putting your real money on the line. It's a great tool to build confidence," Storsley said.

Practice accounts let you use all the same tools and resources as a regular account, including model portfolios and screening tools, except you risk no money while being able to see how your investments would pan out in the real world.

Once you're ready to take the plunge into real investing, Storsley says the most important thing you can do is gauge your own investment goals.

"You need to know something about yourself before you start investing. Think, are you a novice investor who doesn't really want to put a lot of time into managing your money, or are you a more sophisticated investor looking to delve deeper into some of the investment options that are available to you?" Storsley said.

To get rolling, you need a plan and RBC can help with online planning tools to help you understand and exploit advanced investing strategies and concepts that will let you achieve your specific financial goals.

"Everyone is going to have investment goals and the way to meet those goals is to have a plan not only tailored to your investment knowledge but also to how much time you want to put into managing your investment portfolio," Storsley said.

Powerful tools provided by RBC include performance indexes and independent research and analyses as well as search tools that let you screen through more than 1,000 mutual funds based on a wide variety of criteria to narrow your choices down to the ideal picks for you. The end result is whatever your goals, you'll have the knowledge and expertise behind you that you'll need to enter the online investing field with confidence.

On the web

- For more on RBC Diret Investing, log on to rbcdirectinvesting.com.

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Cops nab kicker

Steelers kicker Jeff Reed has been cited by Pittsburgh police for public intoxication and disorderly conduct outside a bar a couple of blocks from where the team beat the Cleveland Browns a few hours earlier. This is Reed's second brush with the law this year. Police say Reed will be mailed a summons to appear in city court. THE ASSOCIATED PRESS

Sports

Train derails race

A passing freight train forced the two leaders in Sunday's Des Moines Marathon race to wait for about a minute just 400 metres from the finish line. When the train finally passed, Kenyan Simon Sawe sprinted to a win in two hours 24 minutes 50 seconds. He won $3,000. Race director Chris Burch said yesterday it was an unfortunate circumstance beyond the control of race organizers. THE ASSOCIATED PRESS

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Second training camp for Leafs

Toronto's five consecutive days off this week longer than any stretch in pre-season

It would be chic to call this week a mini training camp for the 0-6-1 Toronto Maple Leafs.

But it might be even more important — and more relevant — than the real training camp. Yesterday was the first of five straight days of practice, a luxury not afforded the team even in its 18-day camp in September.

The Leafs played nine games in their 18-day camp, never having had more than three days in a row to practise those "little things" — like the power play and penalty killing — that players say are so important in the regular season.

Those three days in training camp were at the beginning, with more than 60 players competing for jobs, divided into three groups, with none of the lines working together.

"It's good to have practices where you have time to work on your system, whether it's the power play, the penalty kill, your forecheck, the little details where you can stop and say, 'No, you're not supposed to be here, you're supposed to be there,'" said centre John Mitchell. "It would have been nice to have had a few more practices, but we can't blame that on how we're playing."

"It would have been nice to have had a few more practices, but we can't blame that on how we're playing."
John Mitchell, Maple Leafs centre

GM Brian Burke offered only one sentence when asked, in retrospect, if he thought the team could have used more practice and fewer games in training camp. "No, do not agree," said Burke.

The Leafs' nine pre-season games were the most in the NHL, tied with Vancouver. The Canucks, too, struggled out of the gate.

By comparison, many of the teams that played six or fewer games, have gotten off to much faster starts.

The Chicago Blackhawks (5-2-1) played only four NHL games in the pre-season, along with two games against European teams.

"We wanted to play six games, and I think we'll do the same next year," said Hawks GM Stan Bowman. "We used to play eight, but camp is condensed a bit. You don't like to play too many games.

"There's a financial component — if you play fewer games there's less revenue. But you have to balance that with preparing yourselves. I think six is the sweetspot."

TORSTAR NEWS SERVICE

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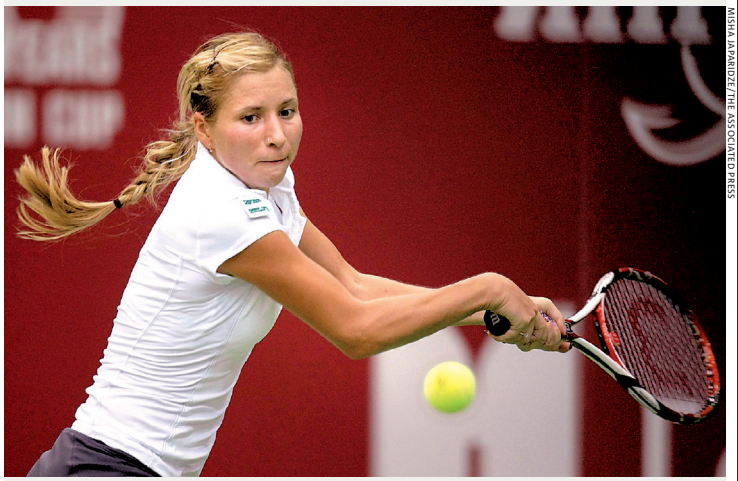
Sports in brief

BOXING WBC heavyweight champion Vitali Klitschko will defend his title in Bern, Switzerland, Dec. 12 against American Kevin Johnson. The 38-year-old Klitschko has a record of 38-2 with seven knockouts, while Johnson is 22-0-1 with nine knockouts.

HOCKEY Boston Bruins forward Milan Lucic is recovering from surgery to repair his broken right index finger. The operation on the 21-year-old Lucic took place Sunday. Lucic has been placed on injured reserve. METRO NEWS SERVICES

Tennis Kremlin Cup



MISHA JAPARIDZE/THE ASSOCIATED PRESS

Alona Bondarenko returns a shot to Anna Chakvetadze yesterday during the opening round of the Kremlin Cup in Moscow. Bondarenko went to win 6-4, 6-3 and will face fifth-seeded Nadia Petrova in the second round.

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Briatore to challenge banishment

Former Renault team principal Flavio Briatore will have a Nov. 24 hearing in an effort to overturn his Formula One ban. Briatore was indefinitely barred for arranging for driver Nelson Piquet Jr. to deliberately crash at the 2008 Singapore Grand Prix to help teammate Fernando Alonso win the race. THE ASSOCIATED PRESS

Injuries open door for rookie

Argonauts' offensive lineman Van Zeyl to get first career start

Since switching to offensive tackle from defensive lineman, Chris Van Zeyl says the biggest adjustment has been developing patience, learning how to step back after a life of always rushing forward.

Good thing since the 26-year-old from Fonthill, near St. Catharines, has had to bide his time during his first full season with the Toronto Argonauts, understanding his new position and waiting for his chance to play.

Van Zeyl, who replaced injured tackle Brian Ramsay early in last Friday's 22-19 loss to the Edmonton Eskimos, will now get his first career start Friday against the Hamilton Tiger-Cats at Rogers Centre.

"It's unfortunate it's come in the circumstances that it has, but I'm glad to be in a position where I can step in and actually contribute to the team."
Chris Van Zeyl, Argos' offensive lineman

"It feels great. I'm excited to get the opportunity," the McMaster University product said after practice yesterday in Mississauga. "It's unfortunate it's come in the circumstances that it has, but I'm glad to be in a position where I can step in and actually contribute to the team."

While the starting offensive line has surrendered a league-worst 48 sacks on the season, Argos head coach Bart Andrus said he's confident in Van Zeyl, especially after the way he played coming off the bench last week.

"He came in and did a great job," Andrus said. "He was prepared. He executed very well.

"It's not an easy thing to do. That's all about being a pro and that certainly showed through for him."

Ramsay, who hurt his knee, and offensive guard Jeff Keeping, who injured his shoulder on the same play, were awaiting tests yesterday, but Andrus expects them to miss at least this week's game.

With them down, the Argos announced the signing of Canadian offensive linemen Scott Evans and Jean-Francois Morin-Roberge to the team's practice roster.

Van Zeyl, who was drafted by Montreal in 2007, moved to the other side of the ball at training camp with the Alouettes in the summer of last year. He signed to the Argos practice roster late last season.

TORSTAR NEWS SERVICE

Field of dreams: StubHub sends email offering Mets playoff tickets

BASEBALL Hey, Mets fans, that awful season was just a bad dream — if you believe StubHub.

The company sent an email yesterday offering tickets for Mets' playoff games.

"Be there alongside your New York Mets as they chase baseball immortality," the email said. "Go to StubHub, where you'll find a fantastic selection of tickets to every playoff game — so you experience the championship chase live and in person."

StubHub said emails were sent to fans promoting several teams not in the postseason.

"This was due to an email glitch," spokeswoman Joellen Ferrer said in a statement. "We regret the error and apologize for any inconvenience or confusion this may have caused."

The Mets finished 70-92 and were out of playoff contention by mid-July.

THE ASSOCIATED PRESS

Sports in brief

NEW YORK JETS Rex Ryan is sticking with Mark Sanchez as his starting quarterback despite the struggling rookie's five-interception performance in the New York Jets' loss to the Buffalo Bills Sunday.

THE ASSOCIATED PRESS

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Bolt named to Order of Jamaica

TRACK The world's fastest man has received one of his Caribbean homeland's highest honours.

Usain Bolt received the Order of Jamaica award during yesterday's heritage celebrations in Kingston. At 23, Bolt is the youngest person to receive the honour.

Usain Bolt

In recent weeks Jamaica has also renamed a highway after the Olympic and world 100- and 200-metre champion and record-holder.

Bolt ran 9.58 seconds in the 100 metres at the world championships in Berlin in August. He ran 19.19 in the 200, breaking the records he set at the Beijing Olympics.

THE ASSOCIATED PRESS

Smyth's great start boosts Olympic chances

VANCOUVER 2010 Games

HOCKEY With a nickname like Captain Canada, it was probably unwise to overlook Ryan Smyth.

The Los Angeles Kings forward is a veteran of numerous international assignments, but wasn't even mentioned as a bubble player any of the six times The Canadian Press has picked its 2010 Olympic team since February.

A hot start by Smyth has changed that in our seventh attempt.

Even though we still haven't placed him on our roster, he now heads the list of bubble players at forward. Overall, there isn't another Canadian that has seen his stock rise more than Smyth over the opening weeks of the regular season.

The five goals and 10 points he put up over the first eight Kings games before yesterday's contest at Dallas were among the highest totals by any player eligible to wear the Maple Leaf.

Ryan Smyth

Smyth has also played more national team games than anyone else invited to the summer orientation camp, giving him good credentials as a potential role player on Steve Yzerman's Olympic squad in Vancouver.

Pittsburgh Penguins goalie Marc-Andre Fleury (7-0-0, 2.10 GAA), Chicago Blackhawks winger Patrick Sharp (5-5-10) and Dallas Stars defenceman Stephane Robidas (2-3-5, plus-7) are among the other bubble players who attended the summer camp and have helped their cause with a strong start.

The list of orientation camp invites who have struggled is quite long.

Forwards Vincent Lecavalier, Simon Gagne, Jason Spezza, Ryan Getzlaf, Derek Roy and the now injured Milan Lucic have all failed to score so far. Eric Staal has just two goals and no assists, and is a minus-2 for the struggling Carolina Hurricanes.

THE CANADIAN PRESS

Canadian Press's Team Canada

Goaltenders
- Martin Brodeur (New Jersey), Marc-Andre Fleury (Pittsburgh) and Roberto Luongo (Vancouver).

Defencemen
- Chris Pronger (Philadelphia), Scott Niedermayer (Anaheim), Duncan Keith (Chicago), Shea Weber (Nashville), Jay Bouwmeester (Calgary), Dan Boyle (San Jose) and Brent Seabrook (Chicago).

Forwards
- Sidney Crosby (Pittsburgh), Rick Nash (Columbus), Dany Heatley (San Jose), Jarome Iginla (Calgary), Ryan Getzlaf (Anaheim), Vincent Lecavalier (Tampa Bay), Martin St. Louis (Tampa Bay), Joe Thornton (San Jose), Shane Doan (Phoenix), Mike Richards (Philadelphia), Jeff Carter (Philadelphia), Brenden Morrow (Dallas) and Jonathan Toews (Chicago).

Bubble players
- G Steve Mason (Columbus), D Stephane Robidas (Dallas), D Mike Green (Washington), D Drew Doughty (Los Angeles), F Ryan Smyth (Los Angeles), F Patrick Sharp (Chicago) and F Corey Perry (Anaheim).

Concussion ends Ulbrich's season

Veteran San Francisco linebacker Jeff Ulbrich won't play again this season because of a concussion. The 49ers placed the 32-year-old Ulbrich on injured reserve yesterday, ending his season. He sustained a concussion on the opening kickoff against St. Louis on Oct. 4 and was examined by a neurologist last week. THE ASSOCIATED PRESS

Angels cut ALCS deficit to 2-1 with walkoff win

N.Y. leads series 2-1

Yankees 4 **Angels** 5 (11 ings)

AT

Jeff Mathis hit a two-out double in the 11th inning to drive home the winning run and the Los Angeles Angels survived a second straight thriller, beating the Yankees 5-4 yesterday and trimming New York's lead in the American League championship series to 2-1.

In a game full of missed chances for both sides, the Angels eventually rallied to hand the Yankees their first loss of this postseason.

Howie Kendrick homered, tripled and then singled with two outs in the 11th.

Mathis followed with his drive up against the left-field wall, and Kendrick slid home well ahead of a desperate throw.

Mathis, the Angels' backup catcher, came up with his third late-inning, extra-base hit of this crazy series.

"It's been up and down the last couple games," Mathis said. "Luckily we came out on top in this one."

Vladimir Guerrero also homered as the Angels overcame a mid-game 3-0 deficit and four solo homers by the Yankees' stars, including Jorge Posada's tying shot in the eighth.

Game 4 goes tonight, with CC Sabathia pitching on three days' rest against Angels newcomer Scott Kazmir. Game 5 in the best-of-seven series is Thursday.

THE ASSOCIATED PRESS

For a recap of last night's NLCS game between the Dodgers and Phillies, visit: metronews.ca/sports

MARK J. TERRILL/THE ASSOCIATED PRESS

Los Angeles' Howie Kendrick reacts after scoring the game-winning run on a double by Jeff Mathis last night against the New York Yankees in the 11th inning.

mbination of 30-second commercial skip function, 9-day programming guide and expandable recording capacity. Additional equipment required. (2) Based on independent survey conducted in April 2009 vs. Ontario's major cable provider. (3) Based on various Bell TV programming packages combined with Premium Movies, certain International programming, equipment rental and

History's top Champions League clubs meet today

SOCCER Facing former teammate Kaka and struggling to find any consistent form, AC Milan's morale would be lifted by a domestic victory as they travel to Real Madrid in the Champions League for a meeting of the two most successful clubs in the competition's history.

Milan beat AS Roma 2-1 in Serie A Sunday with Brazilian stars Ronaldinho and Alexandre Pato on target to end a four-game winless run, and serve notice to Madrid that today's game at the Santiago Bernabeu stadium won't be a stroll for the Spanish club.

A nine-time winner of the most prestigious European competition, Madrid has also won six of its seven Spanish league games this season. Milan, which has claimed the European title seven times, has won only three of eight and is eighth in the Serie A standings.

ANTONIO CALANNI/THE ASSOCIATED PRESS

AC Milan forwards Ronaldinho, left, and Alexandre Pato lead their side into an important Champions League match with Real Madrid today.

To make things worse for the last Italian club to have won this title, Madrid has a maximum six points from two Group C games and Milan is back in third with three. Only the top two advance to the knockout round of 16.

Madrid rebounded from its first defeat of the season with a nervy 4-2 win over Valladolid Saturday, with captain Raul Gonzalez scoring twice. Coach Manuel Pellegrini used internationals Gonzalo Higuain and Kaka as late substitutes to keep them rested for today's match, especially Kaka, who will be Madrid's most creative threat against his former club with Cristiano Ronaldo out because of injury.

THE ASSOCIATED PRESS

Sports in brief

SPEEDSKATING Cindy Klassen continues to impress in her return to competitive speedskating after she earned two more spots on Canada's World Cup team yesterday. The Winnipeg native finished third in both the 1,000- and 3,000-metre races at the World Cup selection trials. Klassen gained a spot in the 1,500 Sunday.

RACING FIA presidential candidate Ari Vatanen said he will introduce a code of ethics to Formula One's governing body if he wins Friday's election. The Finnish candidate said yesterday the code would cover all senior officials.

NBA For $25,000 US, you can watch the New Jersey Nets from courtside — and have a player of your choice at your home, office, school or party. In a tough economy, it's the Nets' latest marketing effort to sell their pricey courtside seats. It's called "Your Ticket to a Player." For $25,000, the Nets are offering four courtside tickets for 10 games, parking, and access to a private lounge at the Izod Center with free food and beverages.

NBA The benign growth in LeBron James' jaw made for a few nervous days earlier this year for the Cleveland Cavaliers superstar. James said yesterday he had to wait for biopsy results in January after doctors at the Cleveland Clinic found a growth in the right side of his jaw. James said he trusted his doctors when they told him they didn't believe the growth was malignant.

SOCCER Manchester United manager Sir Alex Ferguson has been charged with improper conduct after questioning a referee's fitness.

BASEBALL Japanese catcher Kenji Johjima has opted out of the final two years of his contract with the Seattle Mariners with the intent of continuing his playing career in Japan.The team had signed the 33-year-old catcher to a $24-million US, three-year extension that began last year.

METRO NEWS SERVICES

Queen's VP to head up McMaster

McMaster University announced last Thursday that Patrick Deane, currently vice-principal (academic) of Queen's University, will become the Hamilton-based institution's president on July 1, 2010. METRO NEWS SERVICES

Workology

Durhams wants $$ for Whitby

Durham College is asking Durham Region for $5 million over a 5-year period to help pay for the second and third phases of the expansion of the school's Whitby campus, which will cost $21 million. The college plans to raise $6 million to fund the expansion, and is seeking $10 million from the Ontario and federal governments. The campus expansion is expected to attract about 1,200 students over the next three to four years. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Ready for a jewelry party?

Skilled **Trades**

RAFAEL BRUSILOW
for Metro Canada

Breaking the mould of the traditional direct sales model, Silpada Designs is showing Canadian women they can make their entrepreneurial ambitions sparkle by selling jewellery in a casual, party setting that focuses on fun instead of formality.

Silpada was founded in 1997 in the United States by stay-at-home moms and self-made entrepreneurs Bonnie Kelly and Teresa Walsh who had wanted to come up with a way to earn some income while still being able to take care of their kids. They took their combined passion for designing and selling jewellery and started Silpada on the philosophy that direct sales works best when there is no pressure and customers can explore the product with their friends.

The formula is simple: Silpada reps set up parties where women and their friends try on and buy jewellery without any formal sales speeches to wade through. Arrival times are casual, there's no pressure to buy and parties usually run for a few hours. At the end of the night the rep earns a commission of 30 per cent of the sales total and the hostess who offered her house to be used for the party receives the same 30 per cent of total sales in credit for free jewellery. The sales average for each Silpada party is $1,250 meaning reps and hostesses average $375 each per party — not bad for a few hours' worth of mingling with your friends, especially since there's no resumé to hand in or weekly hours to maintain since reps work as little or as much as they like.

PHOTOS SUBMITTED

Bonnie Kelly and Teresa Walsh, above, founded Silpada Designs — a direct sale jewelry retailer — in 1997. At top left, a close up of some Silpada jewelry while the bottom left photo shows a jewelry party in action.

"We feel very blessed. Our goal was never to get out there and make this big, huge company. When you base something on your heartfelt passion, people see that."
One Silpada founder Teresa Walsh

The model has been so successful that Silpada has quickly grown to more than 28,000 representatives in the U.S. and retail sales of $270 million since 1997 and about 1900 reps across Canada with retail sales of $10 million since entering the Canadian market in April 2008.

"We feel very blessed. Our goal was never to get out there and make this big, huge company. When you base something on your heartfelt passion, people see that," Walsh said.

"It's an easy product to sell — there's no pressure and because of the party atmosphere it's very low-key. You don't have to feel like a sales person," Kelly said.

Kimberly Ross, 37, used to be a construction safety manager in Toronto before becoming a full-time stay-at-home mom. Since starting last October she runs two or three parties per week and says Silpada is a natural fit.

"I wanted to get back into the business world — I wanted to do something for myself. It's given me back my own sense of self from a business perspective."

Workology in **brief**

REPORT ON SMALL BUSINESS

The Bank of Montreal has just released a report on the state of small businesses in Canada and the outlook is optimistic. According to the report, between 1998 and 2008, small businesses created more than a third of all new private-sector jobs. And in 2009, they created almost 70 per cent of the total jobs created while the economy went into a recession. BMO also announced it will make a minimum of $1 billion available to small- and medium-sized businesses.

REPORT ON CONSTRUCTION

According to Altus Group, a real estate consultancy firm, tens of thousands of Canadians in the building and materials sectors are out of work. The actual numbers are estimated to be about 41,000 job losses in actual construction and another 35,000 job losses in related industries including those that provide woodworking, steel, insulation and other materials needed to build homes. It is believed that new constructions and renovations are down by $8.4 billion for the first half of 2009, compared with 2008. Since last year, wood materials and manufacturing have lost about 5,000 jobs. This is not only attributed to slowing domestic demand but a 26-per-cent drop in exports as well.

REPORT ON MBA SCHOOLS

While York University's Schulich School of Business has been ranked as Canada's top business school by The Economist's 2009 ranking of full-time MBA programs, reported in yesterday's Metro, other Canadian business schools to make the international list include McGill University's Faculty of Management (75), the University of British Columbia's Sauder School of Business (82), and HEC Montréal. –HEATHER BUCHAN

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9 promising jobs

Starting salaries in the accounting and finance, information technology (IT), and administrative fields are expected to remain relatively flat or see modest declines next year, but some positions will buck this trend, according to the 2010 Salary Guides from Robert Half International.

In accounting and finance, starting salaries for accounting and finance positions are expected to increase by an average of 0.5 per cent in 2010. Positions with the best prospects include:

Tax accountant: Tax accountants with one to three years of experience at large companies (more than $250 million in sales) are expected to see an average national starting salary in the range of $46,500 to $61,500 US.

Compliance director: The starting salary range for a compliance director at a small company (up to $25 million in sales) is forecast to be $83,750 to $108,500.

Credit manager/supervisor: Credit and collections specialists who can evaluate credit risk, manage delinquent payments and help improve cash flow are in demand. Base compensation for credit managers/supervisors working in small companies is projected to range between $42,500 to $57,500.

Senior financial analyst: A senior financial analyst at a midsize company ($25 million to $250 million in sales) is anticipated to earn $57,750 to $74,000 in starting salary in 2010.

National starting salaries for IT roles are forecast to decrease by an average of 1.3 per cent in 2010. But, some of the positions with the best prospects include:

Network administrator: Network administrators can expect to see starting salaries in the range of $54,500 to $80,250 in the coming year.

Information systems security manager: The salary range for an information systems security manager is expected to be $96,500 to $130,750.

System engineer: Base compensation for these professionals is projected to range from $64,250 to $93,250.

Starting salaries for administrative professionals are projected to decrease by an average of 2.2 per cent in 2010. But, positions with the best prospects include:

Medical records clerk: As more hospitals and healthcare organizations transition from paper to electronic medical records, facilities will seek medical records clerks who can help supervise the scanning and processing of patient data. These individuals can expect to earn a starting salary of $23,750 to $31,500 in 2010.

Executive assistant: Companies with leaner teams are looking for employees to take on a wider range of duties. These individuals are likely to see starting salaries in the range of $35,000 to $47,000.

METRO NEWS SERVICES

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Big mileston for McGill fundraising campaign
With the help of 70,000 donors worldwide, McGill University's "Campaign McGill: History in the Making" has surpassed the $500-million mark. METRO NEWS SERVICES

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Into the (African) wild

DANIEL TAM
for Metro Vancouver

Nursing baby elephants and feeding cheetahs may not be typical volunteer duties, but that is exactly what a UBC Okanagan student spent her summer doing.

Brooke Bailey, a fourth-year bachelor of science student, spent two months volunteering in Africa with the help of the university's International Education Travel Subsidy.

"I just needed a means, and the university had a travel subsidy and so I applied for it," said Bailey.

The financial support provided Bailey, 22, with an opportunity to volunteer abroad and work with veterinarians to take care of different animals, something she said she had always wanted to do.

"Working with vets and wildlife, it's in my blood," said Bailey.

Through a volunteer group that Bailey chose called Edge of Africa, she decided on how she would spend her two months there.

She spent her first month at an elephant sanctuary in Knysna, a town situated in the Garden Route area of South Africa.

The second half of her volunteering took place at the Garden Route Game Lodge where she learned how to treat a dart gun and how to immobilize animals.

One of her tasks was to track cheetahs that were being rehabilitated back into the wild.

"Some days you'd be walking through the grass and, all of a sudden, the cheetahs come up and they'd get a little too close," said Bailey. "They'll come within three feet of your legs and pounce and hiss at you."

Other close encounters included dealing with a much larger animal.

"We darted a giraffe one day," said Bailey. "You're holding a giraffe's head down and you're monitoring the breathing and there's lots going on and it's an awesome experience."

The subsidy, whose goals are to help students become "global citizens," gave Bailey the opportunity to work alongside vets to treat a wide range of different animals.

Through UBC Okanagan's program, Bailey was able to spend her summer in Africa, something that she said she would do "in a heartbeat" if the opportunity came up again.

"It's an awesome experience, and you get a cultural experience and you get an African experience," said Bailey. "Travelling is a whole new form of education I think."

SUBMITTED PHOTOS
Brooke Bailey with one of the cheetahs in the Garden Route Game Lodge in Africa.

"(The cheetahs will) come within three feet of your legs and pounce and hiss at you." UBC Okanagan student Brooke Bailey

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Harper opens mat leave to self-employed
In a determined effort to make inroads with female voters, Conservative leader Stephen Harper promised maternity and parental benefits to the self-employed last month. Harper stated the self-employed "shouldn't have to choose between starting a family and starting a business." METRO NEWS SERVICES

And the SavvyMom of the year is...

Small Business Week

RAFAEL BRUSILOW
for Metro Canada

Canada's top mom-entrepreneur of 2009 is proof that mom-entrepreneurs succeed best when they help support each other.

Shirley Broback, 34, was awarded the SavvyMom Mom Entrepreneur of the Year Award for her work as producer of the Vancouver Island Baby Fair and says her win proves that self-described regular women like her can make a big difference with big dreams and big effort.

"It shows you don't have to be a big shot, just a regular person with some big plans and the confidence to put your plans into action," Broback said.

Broback beat out 316 other nominees across the country to win the distinction of being named Canada's top mom-entrepreneur along with $15,500 in cash and business services. She's overjoyed to win but credits her clients and friends for helping to make her nomination possible.

"It's such an honour to win the award. I had so many friends and family and exhibitors rallying for me. The prizes are incredible and the exposure is just phenomenal. I think it can be inspiring to other mom entrepreneurs," Broback said.

Sarah Morgenstern, publisher and founder of SavvyMom Media, which gives out the award every year says Broback won the award not only for her own work but for her support of other mom-entrepreneurs — many of Broback's exhibitors at the Vancouver Island Baby Fair are mom-entrepreneurs themselves.

"The biggest challenge is to divide family time. You turn off the cellphone, you don't check email. You have to set boundaries for yourself and it is very challenging."
Shirley Broback, SavvyMom
mom-entrepreneur of the year

"Shirley did an amazing job of spreading the word. She's a mom-entrepreneur and a mom-entrepreneur incubator — we like that," Morgenstern said.

Broback says the hardest part of being a mom-entrepreneur is finding ways to excel at the business side of your career while still making family time a priority.

"The biggest challenge is to divide family time and give yourself boundaries to that. You turn off the cellphone, you don't check email. You have to set boundaries for yourself and it is very challenging. It's definitely a big juggling act that people have to concentrate on and figure out for themselves," Broback said.

Her best piece of advice for other Canadian mom-entrepreneurs? Remember to delegate.

"You can't do it all yourself. It takes lots of other input and help and support to make your business happen, so don't try to do it all yourself," Broback said.

PHOTO SUBMITTED

Shirley Broback, winner of the SavvyMom Mom Entrepreneur of the Year Award, is the producer of the Vancouver Island Baby Fair.

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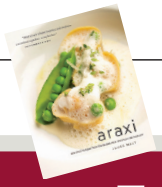

Best in Canada

Celebrity chief Gordon Ramsay has described it as the best restaurant in Canada. Now home cooks can try to replicate what Ramsay describes as the "divine" food at Araxi, in Whistler, B.C., with the help of new cookbook Araxi by the restaurant's executive chef, James Walt. THE CANADIAN PRESS

Food

The Slow Cooker Collection, the newest book from the Canadian Living kitchen, has arrived. It's well stocked with family-pleasing everyday favourites and dishes that take the fuss out of entertaining. See recipes below for a first taste.

CANADIAN LIVING

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Canadian Living magazine is on sale now!

Canadian Living recipe of the month

From chilis to curries, take it slow

Slow cookers deliver reliable, delicious meals with ease

There's a love affair between Canadians and their slow cookers. I've heard them called everything from a "lifesaver" to a "marriage saver."

While I'm not sure I'd go quite that far, the slow cooker certainly has earned a spot in a growing number of kitchens. Bubbling away on the counter, it delivers reliably delicious braised and pot roasted dishes, sustaining soups, chilis, curries and pasta sauces, vegetables and much more. It even makes drinks, comfy desserts, dips and spreads.

Chicken Squash Curry, a recipe from The Slow Cooker Collection by Canadian Living.

online

For more Tested-Till-Perfect recipes, visit canadianliving.com

Use a Dutch oven for this recipe

Sun-Dried Tomato and Artichoke Dip

This is a perennial party pleaser, one that's easy to make with pantry staples. Serve with a variety of crackers, pita chips and vegetables.

MAKES 3 CUPS

INGREDIENTS:

- 1 can (14 oz/398 ml) artichoke hearts
- 1 pkg (8 oz/250 g) cream cheese, cubed and softened
- 1/2 cup (125 ml) each sour cream and mayonnaise
- 1/4 cup (50 ml) grated Parmesan cheese
- 1/4 cup (50 ml) chopped drained oil-packed sun-dried tomatoes
- 1 clove garlic, minced
- 1/4 tsp (1 ml) pepper
- 2 tbsp (25 ml) chopped green onion

METHOD:

Drain artichoke hearts; pat dry and chop. Add to 1 1/2-quart (1.5 L) slow cooker along with cream cheese, sour cream, mayonnaise, Parmesan, sun-dried tomatoes, garlic and pepper; stir to combine.

Cover and cook on low, stirring twice, until blended and hot, about 2 hours. Sprinkle with green onion.

Chicken Squash Curry

MAKES 4 SERVINGS
PREP TIME: 8 MINUTES
COOK TIME: 26 MINUTES

INGREDIENTS:

- 2 tbsp (25 ml) vegetable oil
- 1 lb (500 g) boneless skinless chicken thighs, cubed
- 1 onion, chopped
- 2 hot green peppers, seeded and chopped
- 2 cups (500 ml) cubed seeded peeled butternut squash (about 1 lb/500 g)
- 3 tbsp (45 ml) mild Indian curry paste
- 1 can (28 oz/796 ml) diced tomatoes
- 1/4 cup (50 ml) chopped fresh coriander

METHOD:

In Dutch oven, heat half of the oil over medium-high heat; brown chicken. Remove to plate.

In same Dutch oven, heat remaining oil over medium heat; cook onion and hot peppers, stirring occasionally, until softened, about 5 minutes.

Add squash and curry paste; cook, stirring, until fragrant, about 1 minute. Add tomatoes and bring to boil, scraping up brown bits. Return chicken and any juices to pan. Reduce heat, cover and simmer until squash is tender, about 20 minutes. Sprinkle with coriander.

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LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Getting Corked

If you liked Sideways — the novel that became a hit movie about two buddies road tripping thier way through the vineyards of California's Santa Barbara County — then you're going to enjoy Kathryn Borel Jr.'s new book Corked.

Subtitled a memoir, it's a funny, well-written tale of a daughter, a father, their tour of France's famed wine regions and, of course, copious amounts of fermented grape juice that all reads tailor-made for the big screen.

Borel Jr. discovers as much about wine as she does about her dad on their journey, which got me thinking about which French wines would make the best introduction to some of that country's more complicated geography.

In Corked, the pair vist the Rhone Valley's famed Châteauneuf-du-Pape, and **Père Anselme's La Fiole du Pape ($39.95 - $43.99)** is a balanced, non-vintage red that offers a good dark berry interpretation of the appellation (perfect for gamier meats and heartier sauces) that comes in one groovy crooked bottle.

They also hit Burgundy where chardonnay rules the white vines. **Louis Latour's 2007 Bourgogne Chardonnay ($15.95 - $20.99)** sees no oak so it's all about bright, up-front fruit which makes it a fine partner for scallops and braised pork.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Findings on fever prevention
Giving babies Tylenol to prevent fever when they get childhood vaccinations may make the shots a little less effective, new research suggests. The results make "a compelling case" against routinely giving Tylenol right after vaccination, say doctors from the U.S. Centers for Disease Control and Prevention. THE ASSOCIATED PRESS

Health & Beauty

EDITOR: JENNIFER.PRITTIE@METRONEWS.CA

Healing cancer from the outside in

Appearance may seem trivial in a life-or-death situation — but it's not

Lipstick, moisturizer and a wig can't cure cancer. But beauty — and beauty products — can help heal wounded self-esteem, which often takes a big hit as patients undergo cancer treatment.

Experts say hair loss, skin discoloration and skin dryness can undermine an already physically difficult and emotionally draining process.

"Some days I didn't want anyone to see me or even have my husband look at me," says Michele VonGerichten, a breast-cancer survivor. "When you are waiting for your hair to grow, you spend a lot of time looking into the mirror, just waiting for a sign that you're going back to normal."

Survivors and counsellors both say the moment a person doesn't recognize herself in the mirror because of physical changes caused by treatment can be one of the lowest points of the process. VonGerichten says the minute she took charge and regained her beauty routine, her spirits improved.

While she hopes never to put on her wig again, she says she'll also never go back to the very long hair that she had before chemotherapy began last March. Her hair is now "a really short version of the Jamie Lee Curtis cut."

VonGerichten is one of 650,000 female cancer patients in the United States to participate in the 20-year-old Look Good, Feel Better campaign, sponsored by the Personal Care Products Council Foundation. Free to any cancer patient, the program offers tips from make-up and hair professionals from across the country on all things cosmetic: Topics include how to style a wig, tie a head scarf, fake eyebrows and even out discoloured skin.

(In Canada, Look Good Feel Better was launched at Princess Margaret Hospital in 1992, and more than 90,000 women have since participated in its workshops; see lookgood feelbetter.ca.)

Appearance might seem trivial in a life-or-death situation, but there are known links between stress and the immune system, notes Katherine Puckett, national director of the mind-body medicine program for the Cancer Treatment Centers of America.

"Looking good helps with confidence, which helps with stress, which helps immunity, which helps treatment," she says. The CTCA works under the guideline that each phase of cancer treatment is connected to another, Puckett explains, and having a beauty salon on site is certainly part of that. Some men will visit the salon, she says, but it is typically women.

Still, once patients are debriefed on the mind-body connection, Puckett says she's never seen anyone who isn't receptive to the idea that improving self-esteem might ultimately improve health.

Paul Moskowitz, chief oncology social worker at Montefiore-Einstein Center for Cancer Care in New York, says he can see the difference when a patient has either attended a Look Good workshop or some other sort of cosmetic counselling. "I can tell when they've been applying lip product or if they've been fitted for a wig. It's not even in their appearance, but they'll be more talkative and you can see a willingness to express more of their feelings, and that's all part of healing."

THE ASSOCIATED PRESS

CHRIS USHER/LOOK GOOD FEEL BETTER

Cancer survivor Nancy Lumb demonstrates the transformative power of make-up and fashion.

"Looking good helps with confidence, which helps with stress, which helps immunity, which helps treatment."
Katherine Puckett, national director of the mind-body medicine program, Cancer Treatment Centers of America

Beauty Pearls for Chemo Girls

- Marybeth Maida, a breast cancer survivor, recently teamed with an old friend, Debbie Kiederer, to write the book Beauty Pearls for Chemo Girls (Citadel) and launch a companion website, beautypearlsforchemogirls.com.

- The authors tapped as experts many in the fashion beauty industry they had encountered in their careers as a former journalist (Maida) and retail cosmetics executive (Kiederer), including Oscar Blandi, Oribe and Betsey Johnson.
- Among the best advice, says Maida, is encouraging women to get their natural hair cut short before starting treatment so the transition to baldness — and a wig — won't seem so dramatic. She adds that you can go almost anywhere with a wig, lipstick and sunglasses and you'll look like any other busy woman. THE ASSOCIATED PRESS

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Sleeping with the boss: Can you both behave like adults?

The J Spot

Josey Vogels

metronews.ca/thejspot

OK, I know I said a couple weeks ago in the wake of the David Letterman sex scandal that we need to stop caring so much about who politicians and celebrities are sleeping with.

But now it's come out that Jimmy Kimmel may also be having an affair with one of his employees, I feel the need to address the whole sleeping-with-the-boss issue.

Some say bosses and employees shouldn't mix, end of story. The inherent power dynamic makes it unfair and unworkable. Others say if two adults consent to a relationship, it's none of our business — let them sort it out.

My feelings lie somewhere in the middle. Given that most of us spend more time at work than out socially, employer-employee romantic relationships will happen no matter what sanctions or rules we put in place to try and stop them.

And let's face it: Older, more experienced people in positions of authority are exciting, especially when you're young, inexperienced and without much power. The problem is, things can very quickly go from: "Woohoo, I'm sleeping with the boss; I can do no wrong" to, "It's over, I'm suddenly powerless again — and I still have to be nice to the jerk in order to keep my job."

So, while forbidding employer-employee relationships isn't realistic, these kinds of relationships inherently come with a completely different set of playing cards. And rather than be scandalized by them or try to stop them, I think it would be far better to admit these relationships happen and educate people about how to handle them responsibly. For starters, both parties need to be honest about their motivations. As the boss, are you getting involved with an employee just because you wield the power to get away with it? If things don't work out, can you be civil and fair or will you make his/her work life miserable?

"For starters, both parties need to be honest about their motivations."

As the employee, are you doing it to get ahead? Are you prepared for the judgment from colleagues who may feel you'll get preferential treatment? Because unless you're both honest and realistic about the added complications or fallout that almost inevitably result from an employee-employer relationship, you'd better be prepared to fold early in the game.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

ADVERTISING FEATURE

Slimband® Housecall Q & A with Dr. Yau

Dr. Patrick Yau
MD, FRCSC
General & Bariatric Surgeon
Slimband® Centre

Q I am 37 years old and I have always struggled with my weight. After trying every diet out there, I have come to the conclusion that nothing works for me. I don't want to struggle with my body image and self confidence anymore; I want to finally start enjoying my life. A friend recommended the Slimband® laparoscopic band surgery. What exactly does this procedure entail? Is it just a surgical solution or a complete support program?

A The laparoscopic gastric banding procedure is a minimally invasive 30 minute, same-day surgery where a band is placed around the top most part of the stomach. Once in place, the band can be adjusted to restrict the volume of food patients can consume with each meal. When the band is properly adjusted, it generally takes just one cup of food for patients to feel full at a meal. In essence, your food portions and consumption becomes very well controlled with this operation.

However, many patients require additional support in order to achieve long-term success. Overeating and obesity can stem from issues other than portion control; improper food choices or emotional eating is often caused by lack of nutritional knowledge, medical issues, depression or stress.

In order to develop the healthy habits necessary for weight loss and lifelong control, there needs to be more than just the surgery. Look for a clinic that offers a comprehensive program that is designed to help achieve your weight loss goals. Support such as nutritional and psychological counselling, individual and group support, as well as seminars on how to make the necessary lifestyle changes that promote weight loss and good health, all help in maximising your weight loss. Medical studies that have analyzed various weight loss treatments have proven that the most important factor for success is the follow-up thereafter.

A successful procedure needs to be part of a program run by a multidisciplinary team that tackles the many challenges a patient faces during their weight loss journey.

Dr. Patrick Yau
MD, FRCS(C), General and Bariatric Surgeon, is Canada's leading specialist in advanced laparoscopic surgery and is the Medical Director at Slimband®. He has over ten years of gastric banding and gastric bypass experience. As a prominent bariatric expert, he has performed over 3,500 gastric band procedures in Canada. Dr. Yau also teaches laparoscopic gastrointestinal and bariatric surgery techniques for other surgeons and senior hospital residents in Toronto.
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Step away from the salad bar

Author Mimi Spencer believes passionately that dieting doesn't work

CELIA MILNE
for Metro Canada

"The wrong underpants can put you off your game, lose you a tennis match, make you snap at your partner, prohibit potentially delightful sexual encounters, and generally be ruinous to your well being," writes Mimi Spencer in her new book 101 Things to Do Before You Diet.

Visible panty lines add pounds to the way we feel, she says. Try seamless panties or thongs.

But what is advice about underwear doing in a book about weight loss? The answer is, Spencer believes passionately that dieting doesn't work. Instead, enjoy your food, feel good about yourself, change your eating and exercise habits for the rest of your life, and use fashion to look your best, she believes.

Spencer is a 40-something fashion and beauty journalist in the U.K. She's a mother of two children, who has always obsessed about weight and has tried countless fad diets over the years.

Finally, she ditched the diets and started to find ways to feel better about herself. And she lost those last few pesky pounds of baby weight.

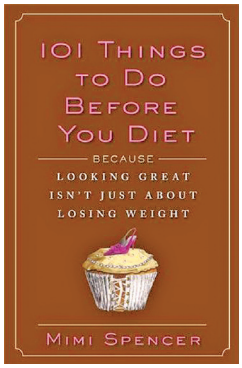
Dieting is wildly popular. The weight loss industry in North America alone is worth $50 billion, yet obesity remains a problem.

According to a report in the Canadian Medical Association Journal, most dieters gain back the weight they lost within five years.

"It's truly rare to meet a woman who is happy with her body shape," Spencer tells Metro. "The book examines this phenomenon and seeks to reset the mind set. The issue here is as much psychological as physical."

Readers may recognize themselves in the witty advice in 101 Things. Take No. 16, for example. "Give food your undivided attention. You know you're not engaging when: You find crumbs in your keyboard; There's a Ben & Jerry's Chunky Monkey stain on your nightie; or You use three implements during supper: knife, fork and remote control."

Some advice is purely practical. For instance, No. 11: "Eat more ... of the right things. Opt for carbs that are slow-burning, such as oats, basmati rice, wholewheat bread, instead of fast-burning (brownies, muffins, anything made by Entenmann's)."



"The issue here is as much psychological as physical."
Mimi Spencer

Other points are quirky, but may be worth trying: "If you're feeling peckish, brush your teeth. Some people believe that a new taste in the mouth sends a signal to the brain that you are full." Spencer advises all women to get fitted for a new bra, as part of her mantra to dress thin and look gorgeous.

Above all, she says, don't diet. "Stop! Develop new ways of behaving around food. Begin to see that you are beautiful already. Learn to be at your best — by dressing thin, by understanding hormones, by tackling your inner demons, by changing perspectives and learning some of the secrets of the style industry.

"You'll look great and lose weight — no diet required!"

Beauty picks: Dry skin solutions

This is a notoriously bad time of year for skin. You know, it's that transition period when your face begins to lose its summer glow and become dry and sallow thanks to chilly weather outdoors and dehydrating heat indoors. I've had occasion lately to test out dry-skin antidotes: After four fashion weeks of little sleep and radically different climates, I came back home feeling rather dry and scaly. So I had to drastically change my skin regimen. In addition to guzzling umpteen bottles of water, I've started using these dry-skin products:

Estée Lauder Hydra Complete

The brand claims that it's vitamin B-derived Hydra-Insulation technology helps your skin immediately adjust to temperature and climate changes. Since I've started using it, my face feels hydrated and non-greasy in such a way that I don't think about my face at all (no afternoon checks in the mirror to see if I'm looking oily or scaly). And that's really what we all want at the end of the day, right?

Kiehl's Lip Balm

I generally switch between Rosebud Salve and Kiehl's Lip Balm depending on the season. Kiehl's, which is a bit heavier, has sorted out my post-fashion week dehydration ills lovely. I've even started putting on a light coat of the balm before bedtime.

Boscoa Intensive Eye Treatment

This green eye cream has a range of natural ingredients including rice bran oil (counteracts damage from UV rays), ivy extract (helps smooth out fine lines) and a blend of jojoba leaf and willowherb (reduces redness and puffiness). The area under my eyes is no longer looking sallow, so I'm happy — though it's impossible for me to know if that's because of the eye cream or if it's because I'm getting more sleep now.

KENYA HUNT/
METRO WORLD NEWS

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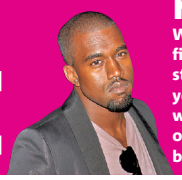
Matthews, Chesney duet

Dave Matthews will join Kenny Chesney for a duet at this year's CMA Awards. Last week, it was announced that Daughtry — along with Vince Gill — would perform on the show, which airs Wednesday, Nov. 11. **PEOPLE.COM**

Entertainment



Kanye acts

We Were Once a Fairytale, a short film directed by Spike Jonze and starring Kanye West, was released yesterday. The movie shows West walking around a club while one of his songs plays in the background. **POPEATER.COM**

EDITOR: DEAN.LISK@METRONEWS.CA

Fashion Week's revamped venue

FASHION "We're nomads," says an exuberant Robin Kay, twirling in the enormous tent her Fashion Design Council of Canada has erected in a vacant car lot in Liberty Village.

Just six months ago, the colossal white tents were situated in Nathan Phillips Square. Before that, the biannual Toronto ready-to-wear shows were held in the Windsor Arms Hotel, the Liberty Grand entertainment complex and Muzik nightclub.

This week's 13,000-square-foot complex includes a 27-metre runway and a bar as well as reception areas and VIP rooms.

For the spring/summer 2010 Wear Love shows, they've increased runway seating from 600 to 1,000. There are 100 front-row seats, featuring Philippe Starck's famous Ghost chairs. **TORSTAR NEWS SERVICE**

Today's shows

- 4 p.m. Travis Taddeo
- 5 p.m. Jason Meyers
- 6 p.m. David Dixon
- 7 p.m. Barbie by David Dixon
- 8 p.m. Andy Thê-Anh

A day in the life of Coco

The 21-year-old supermodel claims she's just a normal working girl

ELISABETH BRAW
for Metro Canada

Coco Rocha is the woman every girl dreams of becoming.

She's one of the world's top-earning supermodels. She's modeled for fashion houses like Marc Jacobs, Versace, Prada, Chanel, Louis Vuitton and Dolce & Gabbana. She's been cover girl for Harper's Bazaar and W. For Vogue, she's appeared on many international editions.

Did we mention she's only 21? Rocha, born Mikhaila Rocha in Vancouver, was discovered by a talent scout at age 14. She's the co-producer, with fashion website Modelinia.com, of She's a Genius, a new music video celebrating fashion that's set to JET's song with the same name from their just-released album Shaka Rock.

Q She's A Genius shows a day in your life. What's a day in your life really like?

A I leave for work, take pictures, and go back home. It's not that glamorous. Sometimes I go to movies or go out for dinner. It's the life of a normal working girl.

Q What does it take to become a supermodel?

A You just have to be yourself. A lot of girls can't say no, but the most successful models are the ones who stick to their values. Many up-and-coming photographers put a lot of pressure on models, but more experienced photographers don't.

Q Backstage photos usually show models smoking. How do you pass the time backstage?

A I read books. I'm an old romantic type; I read books like (Jane Austen's) Sense and Sensibility. Right now I'm reading The History of Love.

Q What is models' unhealthiest habit?

A I don't like to comment on other people's habits. But smoking doesn't make you any more successful in this business. Neither does not eating.

Q How do you stay in shape?

A I eat a lot of fruit and salads. I have a dancer's body, which is more muscular, I have to be especially careful with what I eat before shows. Muscles don't look good on photos. You just look fat.

At just 21-years-old, supermodel Coco Rocha is one of the world's top-earning fashion models.

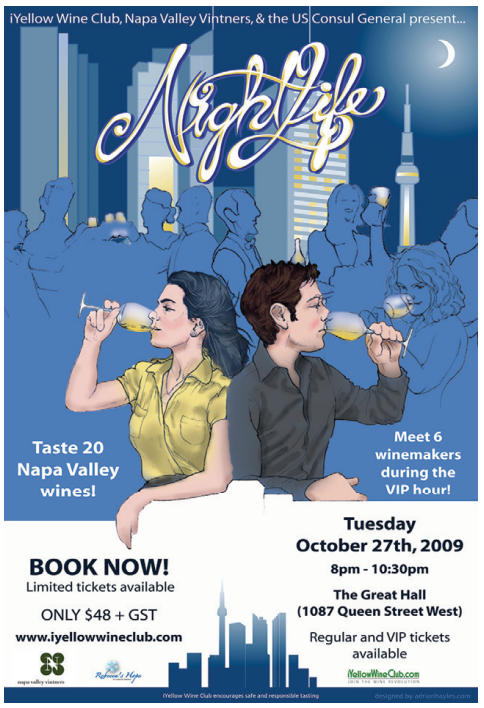
Q You were discovered by a model scout at an Irish dance competition, and in 1997 you opened a Jean Paul Gaultier show with an Irish dance. Why is dancing important to you?

A When younger models ask me for advice about the business, I always tell them not to surround themselves with people from the fashion business 24/7. For me dancing is an outlet, so when I'm frustrated with modeling I dance. It's very good for you to have a passion outside of modeling.

Q Advice to young girls?

A If you don't love it, don't do it. Stick to your moral values. People will respect you, and you will respect yourself. Don't look at magazine covers and say "I want to look like her." That's what I think when I see photos of myself, too! People don't realize how much editing goes into fashion photos.

For more Toronto Fashion Week coverage, read style and shopping expert Afiya Francisco's reviews at: **metronews.ca/blogs**



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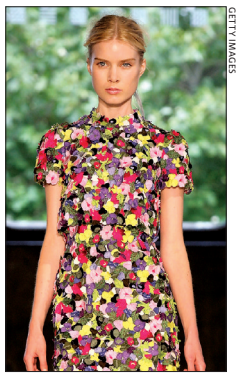
Guns N' Roses tour
Guns N' Roses have announced a Canadian tour for January. The tour will include a stop in Toronto early in the new year. THE CANADIAN PRESS

A fashion destination

The Bay re-launches The Room with key luxury labels

JANINE FALCON
for Metro Canada

TORSTAR NEWS SERVICES


GETTY IMAGES

Left: Bonnie Brooks, The Bay's president and CEO. Right: A model wears Erdem's spring/summer 2010 collection. Erdem is one of many high end brands The Room at The Bay will carry.

Fashion-savvy types are all a-twitter about the The Bay's new fall fashion line-up — and in Toronto, the re-launch of The Room.

"The Bay is focusing more than ever on fashion, including categories of apparel, shoes, handbags and cosmetics," said Suzanne Timmins, fashion director at The Bay. "Through our brand assortment, we will put The Bay on the map in Canada as the fashion destination."

More than 700 brands were dropped to make room for more desireable lines. As well as doubling the department store's stock of higher-end brands, Timmins confirms an increase in mid-priced offerings, and well-known labels such as Juicy Couture, Theory, Diesel, Hugo Boss, T Tahari and BCBGGeneration are hitting the racks as well.

"The fashion merchant team at The Bay selects brands that will appeal to our different types of customer," Timmins told Metro via email during a jam-packed schedule of fashion-week shows and photo-shoots. "We will have a deep and broad selection of merchandise to attract both the fashion shopper and the pragmatic fashionista who wants value and covets timeless classic pieces, mostly from mid-priced brands such as Lauren by Ralph Lauren."

Most anticipated in fashion circles was the now-open renovated and revitalized The Room, masterminded by The Bay's president and CEO Bonnie Brooks. Formerly the St. Regis Room, it was "the first high-fashion destination in the city of Toronto, arguably Canada, dating back to the early 1930s," said Timmins. "The Room will once again reign as one of Toronto's must-visit designer headquarters," Timmins stated.

Featuring a swanky re-design by celebrated designers Yabu Pushelberg, known for their work on projects such as The Hazelton Hotel in Yorkville, The W in Times Square, New York, and a slew of prestigious retail locations internationally, the glamorous third-floor space houses a range of key luxury labels such as Balmain, Matthew Williamson, Erdem and Proenza Schouler. At 21,500 square feet, it's more than double the size of the original department.

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DVD picks

Transformers: Revenge of the Fallen

Director: Michael Bay

MICHAEL BAY'S second Transformers saga delivers full-bore "Bayhem" like a brick to the forehead, with some tender love on the side, making this either the biggest blockbuster of summer '09 or history's loudest romance.

Watching this movie is akin to lying on the tarmac at Pearson International while a revving Airbus A380 rolls over you. A decoder wheel might have been helpful, since there are almost too many characters and too much plot in this film.

The relatively modest (by Bay standards) battle of the first Transformers is now all-out robot rumpus, with many more locations and a cast of clankers that will likely befuddle anyone who doesn't have a propeller attached to his beanie.

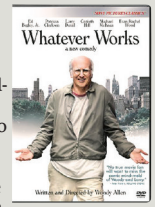
Optimus Prime, the 18-wheeler with a major Christ complex, still leads the good alien Autobots. But he's sidelined for much of the movie by a U.S. national security drone (John Benjamin Hickey) who represents Obama but acts like Bush.

Optimus is still trying to convince his erstwhile earthling pal Sam Witwicky (Shia LaBeouf) to assist him in saving the universe, but Sam has other things on his mind: he's heading East to attend college and he's trying to get up the nerve to tell his girlfriend Mikaela Banes (Megan Fox) that he loves her.

The multitudinous DVD extras include a commentary by Michael Bay, Roberto Orci and Alex Kurtzman, numerous featurettes, a history of Transformers and, for the Blu-ray, a doc called "Giant Effing Movie" that pretty much says it all.

Whatever Works

Director: Woody Allen



THE WORLD makes no sense, even for a self-proclaimed genius like Boris Yellnikoff (Larry David). He admits he's no expert, though, because he bungled his own suicide.

If you don't see the humour, you're not likely to get Woody Allen's latest, his return to Manhattan after several years cinematically touring England and Spain.

A little sour lemon goes a long way, and Whatever Works threatens at first to choke on its own cynicism. Then Boris meets Melody (Evan Rachel Wood), a sweet but dumb-as-dirt runaway looking for a fresh start in New York.

As per usual with a Woody Allen DVD, there are no extras.

PETER HOWELL/FOR METRO CANADA

Car Insurance Roadblock

Consumers concerned insurers don't want drivers with tickets or accidents

Worried Your Spotted Driving Record Means You've Got Nowhere To Turn For Car Insurance?

Don't be. While it's true that, all things being equal, your tickets and accidents make you a more expensive risk to insure than a similar car and driver with a clean driving record, that doesn't mean you should have trouble finding insurance – assuming you know where to look. Different insurance companies target different types of business and this is reflected in things like their claims service, marketing efforts, discounts, and most importantly for you, their rates.

Can Some Insurance Companies Simply Refuse to Insure Some Drivers?

No. Since insurance companies have to file their rules and rates with the Financial Services Commission of Ontario (FSCO) they can only refuse drivers if they fall outside of the rules sent to FSCO. But what they *can* do is market themselves and set their rates such that they are more competitive for consumers they wish to attract (and, yes, less competitive for consumers they don't wish to attract). The result is that rates charged by different insurance companies to insure the same driver, with the same car, for the same coverage, can vary by hundreds and even thousands of dollars. Take a look at the table below.

Should I Just Accept That I'll Have To Pay A Bundle?

No. Sadly, this is a mistake many drivers make and it can be a costly one, especially if they don't bother to shop around for the lowest rate available. The key to finding the best rate, especially if you have tickets or accidents on your driving record, is to figure out which insurance company of the more than 30 in Ontario has the best rate for your particular situation. And with rates varying so wildly across companies, chances are you are not with the company that has the lowest rate for your profile right now.

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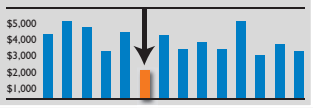
InsuranceHotline.com puts you in the driver seat by making insurance companies compete for your business. With quotes from over 30 of the top insurance companies, InsuranceHotline.com is the simplest and easiest way to make sure you aren't overpaying for your car insurance – and it's completely FREE to use. So what are you waiting for?

Rate Comparison

Driving Record	Lowest Price	Highest Price	Price Difference
Clean Record	$958	$2,213	$1,255
1 Ticket	$1,018	$2,552	$1,534
1 Accident	$1,849	$3,753	$1,904

InsuranceHotline.com finds this rate for drivers – for FREE!



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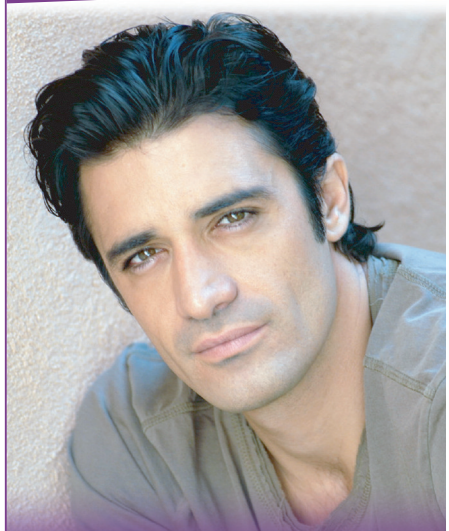

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Mix of Six

Metro taps into today's best entertainment and event picks

MADWOMEN Savoir Faire Professionals, a networking organization for women, is holding a 1960s cocktail party for women at the Local Company, 511 Danforth AVE., from 7 p.m. to 9:30 p.m. $35. savoirfaireprofessionals.com.

FILM The enRoute Film Festival will screen six of the best short films in Canada at the Scotiabank Theatre, at John & Richmond, at 7 p.m.

MUSICAL BASH'd, a musical about two gay rappers, is being staged by Theatre Passe Muraille, 16 Ryerson St. $35 - $15. passemuraille.on.ca

PHOTOGRAPHY Gerry Kopelow launches his new photography book at Indigo, 55 Bloor St. W., at 7 p.m.

THEATRE The dark musical Mimi is being performed by Tarragon Theatre, 30 Bridgman St. tarragontheatre.com.

MUSIC Liverpool's Echo & The Bunnymen performs at the Queen Elizabeth Theatre, 190 Princes' Blvd. $65. 7 p.m.

Correction

The seventh annual Toronto Zombie Walk takes place this Saturday. Incorrect information appeared in Friday's edition of Metro.

Eugene Levy lately: Heard and not seen

Movie **feature**

STEVE GOW
for Metro Canada

Eugene Levy has all but disappeared from appearing on film. The SCTV legend — who's memorable on-screen creations include nightclub hack Bobby Bittman or well-intentioned Jim's Dad from the American Pie film franchise — has been hiding in a recording studio quite a lot lately.

"Evidently, no one wants to see my face," joked the Canadian funnyman during a recent interview to discuss his latest role in the computer-animated family film, Astro Boy. It's the star's third voice-appearance in a movie in as many years.

"The odd thing about this kind of work is you've got to go in with an empty head and be prepared to give (the filmmakers) whatever they want," said Levy of his recent ventures in voice-acting. "The very first animated thing I did, I remember going in and looking at the pages and then preparing and studying and figuring, 'Okay, I'm going to give them something different here.'

"Then you go in and you give it to them and they say, 'Well, that's wonderful and now try it this way' and then you realize that you're going to go through ten, fifteen, twenty variations on every line."

Lucky for Levy, his extensive experience as one of the writers and actors behind the heavily-adlibbed comedy hits Best in Show and A Mighty Wind (for which he actually won a Grammy Award) have added value in the voice booth.

"I'm a character actor and I get the supporting roles — and even in the animation, they're supporting roles — which means there's really more flexibility to go off-script."

In the case of Astro Boy, Levy plays Orrin, a neurotic, bumbling android-servant to young Toby, the enigmatic little boy who turns into a robotic superhero.

"You can't beat a good superhero," said Levy when asked about the ongoing popularity of the Japanese character, who first appeared in a 1951 comic. "This is a robot who is created in the likeness of a little boy and he's got human feelings ... for this kind of an audience, you can't really beat that as your hero — a little guy who can kick ass and he's got a heart of gold."

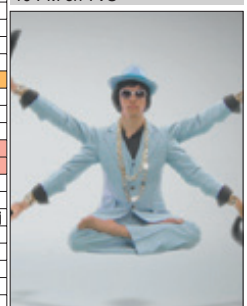
Astro Boy opens Friday

Canadian funnyman Eugene Levy voices Orrin in the upcoming Astro Boy.

to	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
10/20/09	265	353	2	TVO	Parks	Recreat. Eden	The Agenda With Steve Paikin		London Hospital (N)		The Quantum Tamers (N)		Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	NCIS "Code of Conduct"		NCIS: Los Angeles (N)		The Good Wife "Crash"		News Final
	215	343	4	OMN1	Two/Half Men	The Simpsons	Omni News: Italian Edition (N)		Vivere V	Omni News:	The Simpsons	King of the Hill	Metropia
	210	302	6	CBC	Wheel-Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes (N)	Being Erica (N) (DVS)		CBC News: The National		The Hour
	214	344	7	CITY	Law & Order: SVU		The Biggest Loser (N)				The Jay Leno Show (N)		News
	212	313	8	CTV	etalk	Hollywood	So You Think You Can Dance Canada Top 4. (N)				Law & Order: SVU		CTV News
	218	345	11	CHCH	*Drowning Mona* ★★ (2000, Comedy) Danny DeVito.				*Croupier* ★★ (1998, Suspense) Clive Owen, Kate Hardie.				News at 11 (N)
	137	763	13	TFO	Panorama		Un monde de passions		*La Séparation* (1994, Com. dramatique)			Villages	CIA: guerres
	-	-	14	-	Family Guy	The Office	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Foreign Domes
	213	326	15	SUN	The Insider (N)	George Lopez	World's Most Amazing Videos		To Serve and Protect		The Insider	Argos Access	Becker
	-	387	16	CBS	Inside Edition	Hollywood	NCIS "Code of Conduct"		NCIS: Los Angeles (N)		The Good Wife "Crash"		News 4 at 11
	-	385	17	NBC	The Insider (N)	Entertainment	The Biggest Loser (N)				The Jay Leno Show (N)		News
	-	386	18	ABC	Wheel-Fortune	Jeopardy! (N)	Shark Tank (N)		Dancing With the Stars		(10:01) the forgotten		News
	219	346	20	ACH-B	Degrassi: TNG	TMZ (N)	Monk		Dancing With the Stars		(10:01) Wife Swap		A News
	-	-	28	FOX	Judge Judy	MLB Baseball New York Yankees at Los Angeles Angels of Anaheim. (HDTV) (Live)						Two/Half Men	The Simpsons
	-	388	61	PBS	News-Lehrer	Foot in Grave	Nova (HDTV) (N) (DVS)		Frontline (N) (DVS)		Age of Terror		Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	90210 "Unmasked" (N)		Melrose Place (N)		PIX News at Ten Tong.		Two/Half Men
	296	654	331	SBK	The Insider (N)	Entertainment	Law & Order: SVU		WBZ News (N)	Frasier	The Office	Name Is Earl	Frasier
	298	653	332	TLA	The Tyra Show (N)		According-Jim	Family Guy	KTLA News	KTLA News	Two/Half Men	Two/Half Men	90210 (N)
news	502	390	26	NW	CBC News	Mansbridge	CBC News: Tonight (N)		CBC News: The National		CBC News: the fifth estate		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	Kudlow Report		Porn: Business of Pleasure		Executive Vision (N)		Biography on CNBC		Mad Money
sports	405	417	22	net	MLB Preview	MLB Baseball New York Yankees at Los Angeles Angels of Anaheim. (HDTV) (Live)							Sportsnet Con.
	400	400	30	TSN	SportsCentre	NHL Hockey Atlanta Thrashers at Montreal Canadiens. (HDTV) (Live)					SportsCentre (HDTV) (Live)		
	411	457	58	OLN	Ghost Hunters		Bounty Hunter	Bounty Hunter	Survivorman		Ghost Hunters		Bounty Hunter
	417	406	81	SC	Pass Time	NASCAR Hub	Monster Jam (HDTV)		Super Bikes!	Super Bikes!	Jacked!	Jacked!	Pimp My Ride
family	551	542	25	YTV	Drake & Josh	Prank Patrol	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz	Prank Patrol	Adrenaline Proj
	554	544	45	TEL	*Scooby-Do*	Aloha, Scooby-Doo			Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
	556	540	51	FAM	Sonny Chance	Zack & Cody	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	602	567	27	W	Old Christine	Friends	Friends	Grocery Bag	Style by Jury	Style by Jury	How to Look Good Naked (N)		10 Years
	570	580	29	MM	One Tree Hill		Love Court	Video on Trial	Starmaker		MuchNews	My Date With...	One Tree Hill
	615	520	31	A&E	Criminal Minds (HDTV)		The First 48 (HDTV)		Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars
	700	800	35	TLN	Centrovetrine	Sky TG 24	Serie A	David Rocco	RIS - Delitti Imperfetti		George Lopez	George Lopez	George Lopez
	571	581	36	MMM	The Daily Fix		Ranked!		Wild 'n Out	Wild 'n Out	High School Reunion		The Daily Fix
	575	583	38	CMT	Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	Wilsons
	616	521	39	SHO	The Outer Limits		*Tell Me No Lies* (2007, Suspense) Kelly Rutherford.				Bones (HDTV)		NCIS
	620	523	40	BVO	Buffy St. Marie		Live at the Rehearsal Hall		*Hank Williams: The Show He Never Gave* (1981, Drama)				Law & Order
	601	562	41	SLC	Rich Bride, Poor Bride		Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS	Bulging Brides	Bulging Brides	ET Canada
	522	506	43	HIS	Ancient Discoveries		Cities of the Underworld		Cities of the Underworld		Ultimate Engineering		Crime Stories
	625	548	44	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Jeff Dunham: Arguing		Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	HGTV's Top 10	Design Inc.	Pure Design	Genevieve	House Hunters	House Hunters	Holmes-Homes
	294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: SVU		*Donnie Brasco* (1997, Crime Drama)		
	576	582	49	BET	106 & Park: BET's Top 10 Live		The Game	The Game	The Game	The Game	The Game	The Game	Mo'Nique
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Medium (HDTV) (N)		Fringe "Dream Logic"		InnerSpace (N)
	581	566	52	MTV	Peak Season	Peak Season	Disaster Date	The City	The City	The Hills	The Hills	After	MTV Live
	618	524	54	TROP	'70s Show	'70s Show	The Outer Limits		ET Canada	Switch	Family Guy	'70s Show	'70s Show
	603	561	56	FOOD	Ricardo	Exotic	Restaurant Makeover		Hell's Kitchen (N)		Good Eats (N)	Good Eats (N)	Iron Chef Am.
	261	394	60	V	Murder, She Wrote		Bless-Father	Dinnerladies	Quantum Leap		Unscripted (N)	I Prophesy	Poltergeist
	621	527	63	STR	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (HDTV)		TMZ
	553	546	65	TRE	Backyardigans	Nght Grdn	Waybuloo	Franklin	Little Bear	Maggie-Beast	Babar	Zigby	Max & Ruby
	115	711	101	TVA	Qui perd gagne (SC)		Destinées		À communiquer		TVA nouvelles	(10:45) Denis Lévesque	
	126	730	102	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal
	526	507	249	VIVA	Judging Amy		Missing "M.I.A"		The Closer		Da Vinci's Inquest		Psychic Inv.
	300	601	301	M1	*Flash-Genius*	(7:25) *45 R.P.M.* (2008, Drama)			*The Chronicles of Narnia: Prince Caspian* ★★★ (2008, Fantasy)				
	305	612	306	PIX	*Jericho Mans.*	(7:20) *Absolon* (2003, Science Fiction)			*Mannequin* ★★ (1987, Comedy)			(10:40) *Wicked Minds*	

critics'corner

The Quantum Tamers
What's a quantum particle? If you can't answer that question now, you may be able to after watching this new special, airing in conjunction with the 10-day Quantum to Cosmos science festival in Waterloo, Ont. Scientists are studying potential applications of quantum particles. 10 PM on TVO



The Biggest Loser
The two teams head to the beach to dig for buried treasure; tickets home. But there's a surprise twist, because the "winning" team immediately is put in temptation's way, struggling to eat healthy and work out without their trainer's direct supervision. 8 PM on NBC CITY

Being Erica
Couldn't we all use one of these — a chance to relive a bad day and try to get it right? In this new episode, that's just what Dr. Tom gives Erica . She has the time of her life, but she soon comes to realize that there's a reason choices should have consequences in "Yes We Can." 9 PM on CBC

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What's hurting Jen?
Jennifer Love Hewitt and Jamie Kennedy aren't breaking up, despite a recent report that suggested Kennedy was still hung up on former flame, Shannon Funk. "I'm not going to lie — it's not annoying, it's hurtful," Hewitt told People about the rumours. **POPEATER.COM**

Celebrity Buzz

Levi's workout bad news for wildlife

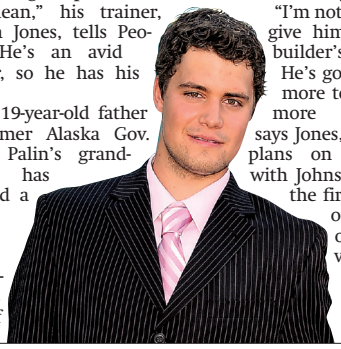
MOOSE FOR MUSCLE How does Levi Johnston keep to the high-protein diet he needs to prepare for his upcoming Playgirl photo shoot? With a rifle, people.com reports.

"Moose meat is very good for you, high in protein and very lean," his trainer, Marvin Jones, tells People. "He's an avid hunter, so he has his own."

The 19-year-old father of former Alaska Gov. Sarah Palin's grandchild has adopted a 3,500-calorie low-carb diet as part of a grueling regimen to ready him for next month's photo shoot.

Johnston works out three hours a day in the gym, six days a week, followed by cardio training and then a rest in the sauna, says Jones.

"I'm not trying to give him a body builder's look. He's going to be more toned and more defined," says Jones, 46, who plans on training with Johnston until the first or second week of November.



METRO NEWS SERVICES

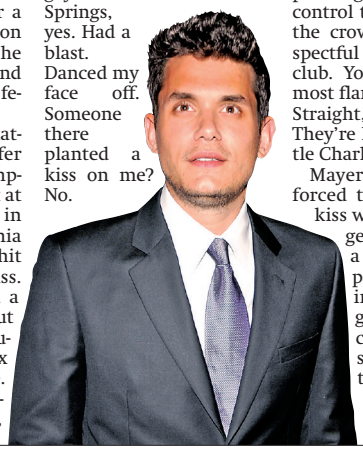
Mayer 'had a blast' at gay bar, but no kiss

SMOOCH CENTRAL John Mayer has dismissed rumours he fled a gay club after a partygoer planted a kiss on his lips — insisting he "had a blast" and found the crowd "respectful," femalefirst.co.uk reports.

The singer, who has dated stars including Jennifer Aniston and Jessica Simpson, enjoyed a night out at Toucan's Tiki Lounge in Palm Springs, California last weekend but was hit with reports of a gay kiss.

Mayer admits he had a great time in the club but is adamant media speculation about a same-sex smooch is totally untrue.

In a post on his Twitter.com page, he writes, "Rumour check went to gay bar in Palm Springs, yes. Had a blast. Danced my face off. Someone there planted a kiss on me? No.



"I don't like the story painting gays as unable to control themselves. Found the crowd even more respectful than in a straight club. You know who the most flamboyant crowd is? Straight, drunk girls. They're like a bunch of little Charles Nelson Reillys."

Mayer was previously forced to deny sharing a kiss with celebrity blogger Perez Hilton at a New Year's Eve party in New York in 2007, after the gossip king claimed to have smooched him at the bash.

METRO NEWS SERVICES

Celebrity tweets

Marlee Matlin is having trouble with subtitles, Jamie Kennedy has some trouble with young eaters and Spencer Pratt sees opportunity in current events.

• @MarleeMatlin
I'm going to be like my pal Lou Ferrigno and go all Hulk on Netflix. No captions on a doc about the Deaf? OUTRAGEOUS! MAKE NOISE!

• @jamiekennedy
kids shouldn't be allowed to eat in public, until they learn to not throw donuts

• @spencerpratt
these balloon boy parents should have just waited one more month to buy SPEIDI - HOW TO BE FAMOUS BOOK! try to get fame without is dangerous

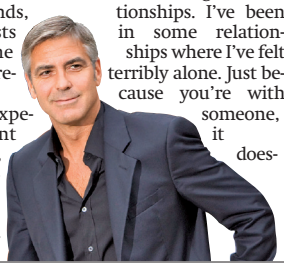
METRO NEWS SERVICES

Clooney's love life like anyone else's

JUST ANOTHER GUY Despite his high profile and list of glamorous ex-girlfriends, George Clooney insists he's just like anyone else when it comes to relationships.

"I don't think my experiences are any different than anybody else's, they've just been amplified a little more," he tells the Mirror.

"I've had some absolutely great relationships and some not so great relationships. I've been in some relationships where I've felt terribly alone. Just because you're with someone, it doesn't mean you're incredibly happy and complete."



And just like anyone else, he says, he's had his share of breakups.

"I've had some easy and natural, made-sense breakups as well as some rough ones. I deal with them the same way we all do: I'm successful with some and not so successful with others."

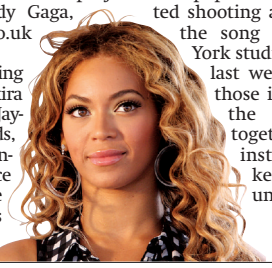
METRO WORLD NEWS

Beyoncé duet with Lady Gaga a hush-hush affair

DOUBLE DIVA Beyoncé is set for another major musical collaboration — she's working on a secret project with Lady Gaga, femalefirst.co.uk reports.

After teaming up with Shakira and husband Jay-Z on records, and Tina Turner and Prince onstage, the Single Ladies star is set to test her fanbase with a Gaga diva duet on her upcoming single Video Phone.

The pop stars were spotted shooting a video for the song in a New York studio together last week and all those involved in the secret get together were instructed to keep details under wraps.



METRO WORLD NEWS

Rep denies Paris rider rumour

ALL SHE WANTS Paris Hilton has landed a new film role — and is reportedly causing a commotion with her contract. "Paris has a cameo role in the movie, where she plays herself. It is all being kept very hush-hush," a source tells Page Six. "But the producers were shocked when her team handed them a three-page list of demands — including live lobsters to be prepared fresh when she's ready to eat and a bottle of Grey Goose vodka — all for just one day on the set."

Hilton's rep denies the story, saying, "This is totally ridiculous and untrue."

METRO WORLD NEWS

Perfume drama? Smells like LiLo

BLAME IT ON CAKE Lindsay Lohan caused a ruckus recently at the launch party for Victoria's Secret's new fragrance line, mistaking a cake in the shape of a perfume bottle for an actual giant perfume bottle, sources tell Page Six.

METRO WORLD NEWS

Whitney showing trouble signs

THE SLIDE BEGINS? Whitney Houston's comeback bid seemed to be off to a great start after her appearance on Oprah to promote her new album. But an appearance on Britain's The X Factor has critics questioning if she's really ready to be back in the spotlight.

After almost suffering a wardrobe malfunction when a strap on the back of her dress popped off during her number, Houston seemed out of breath after her performance, according to the Daily Mail, and couldn't remember the British release date for her new album.

METRO WORLD NEWS

Allen wants Lima in movie

A MODEL FOR WOODY With his penchant for casting beautiful women in his movies, it's no surprise Woody Allen has his sights set now on Adriana Lima. The director is planning to shoot his next film in Rio de Janeiro, and he's already expressed interest in casting supermodel Lima. In a recent meeting in New York with Brazilian producers, Allen confessed that he is 'fascinated' by her beauty.

METRO WORLD NEWS

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Wednesday Showers 40% 15° / 10°
Thursday Showers 40% 16°/ 9°

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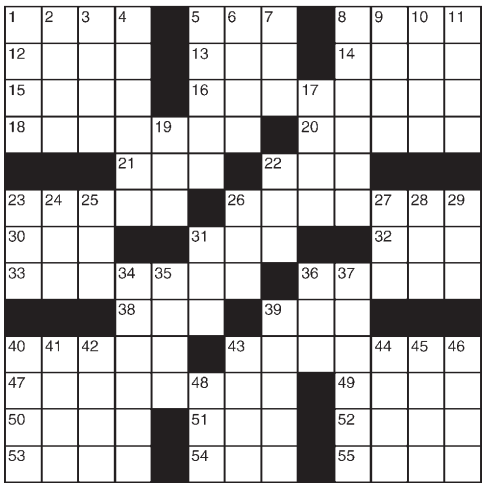

ACROSS

1 Help in wrongdoing
5 Resort
8 Put together
12 Exceptional
13 Greek cross
14 Acknowledge
15 Dogged determination
16 Make clutter-free
18 Grove
20 Mississippi, e.g.
21 Antlered animal
22 Have a bug
23 Yonder
26 Disney World site
30 Symbol of intrigue
31 Shade tree
32 "Alley —"
33 Circled the Earth
36 Criticizes cleverly
38 Solidify
39 Cod piece?
40 Nary a soul
43 Husband of Eurydice
47 Plain
49 Wheelbase terminus
50 Glaswegian, for one
51 Work with
52 Queue
53 Maneuverable, to an old salt
54 In favour of
55 Airport schedule data (Abbr.)

DOWN

1 Jason's ship
2 Roseanne of comedy
3 Leif's father
4 Leash
5 Baby bird?
6 Crony, out West
7 Summertime abbr.
8 Envelope material
9 Tel —
10 Take a nap
11 Basin accessory
17 Seed covering
19 Pub order
22 Branch
23 Pair
24 That girl
25 Recede
26 Antiquated
27 "Smoking or —?"
28 Pooch
29 Chances, for short
31 Slithery swimmer
34 Set afire
35 Adolescent
36 Energy
37 Admit oxygen
39 Deep-fat device
40 Inquisitive
41 Killer whale
42 Smell
43 Approximately
44 Way out
45 Radius' neighbour
46 Witnesses
48 "— Wiederseehen"

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

6		1				8		4
	9		8		7		3	
4								5
		8	1		3	5		
	5						1	
		3	2		4	7		
3								6
	2		4		6		9	
9		6				3		8

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

C	A	P	T	■	C	A	M	■
A	M	E	R	■	A	L	E	■
S	A	R	I	■	C	A	S	H
S	H	I	L	O	H	■	H	A
■	■	■	B	R	A	C	■	P
B	O	D	Y	B	L	O	W	■
A	N	I	■	S	O	D	A	S
H	O	S	T	■	T	A	L	K
■	■	L	E	T	■	S	L	I
H	O	O	P	O	E	■	O	P
U	N	D	E	R	T	O	W	■
G	A	G	E	■	A	V	E	■
O	N	E	S	■	S	A	D	■

A	G	E	D	■	■	■	■	■
L	O	N	E	■	■	■	■	■
F	L	O	W	■	■	■	■	■
A	R	D	L	Y	■	■	■	■
P	E	R	■	■	■	■	■	■
D	U	L	L	■	■	■	■	■
S	E	A	■	■	■	■	■	■
S	H	O	W	■	■	■	■	■
■	■	■	■	■	■	■	■	■
O	P	E	N	E	D	■	■	■
P	A	L	E	■	■	■	■	■
P	I	L	L	■	■	■	■	■
E	L	S	E	■	■	■	■	■

4	9	7	6	5	2	1	8	3
1	3	2	9	7	8	5	4	6
8	5	6	3	1	4	2	7	9
7	8	5	1	9	6	4	3	2
2	6	4	8	3	5	7	9	1
9	1	3	4	2	7	8	6	5
6	7	1	5	4	9	3	2	8
5	2	9	7	8	3	6	1	4
3	4	8	2	6	1	9	5	7

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Southwestern Corn Chowder

INGREDIENTS:

4 boneless skinless chicken breast halves, cut into 3/4-in. (2 cm) cubes
1 medium onion, cut into thin wedges
1 tbsp (15 ml) vegetable oil
2 tsp (10 ml) ground cumin
2 cans (14 oz./398 ml each) chicken broth
1 package (10 oz./300 g) frozen corn
3/4 cup (175 ml) picante sauce
1/2 cup (125 ml) chopped sweet red pepper
1/2 cup (125 ml) chopped green pepper
2 tbsp (25 ml) minced fresh cilantro
2 tbsp (25 ml) cornstarch
2 tbsp (25 ml) water
Shredded Monterey Jack cheese

METHOD:

1. In 3-qt. (3 l) pot, cook chicken and onion in oil until chicken juices run clear. Stir in cumin. Add broth, corn and picante sauce; bring to boil. Reduce heat; cover and simmer 15 minutes. Stir in peppers and cilantro.
2. Combine cornstarch and water until smooth; stir into soup. Bring to boil; cook and stir 2 minutes or until slightly thickened. Spoon into bowls; top with cheese.

SERVES 7

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
There may be challenges aplenty in your life but the planets indicate that you need to pick your challenges carefully.

TAURUS ♉
APRIL 21-MAY 21
Try not to make decisions for others today because no matter how well intentioned they may be they won't be appreciated.

GEMINI ♊
MAY 22-JUNE 21
Someone you meet socially will open your mind to new possibilities. One little shove will take you off on a brand new adventure.

CANCER ♋
JUNE 22-JULY 22
You need to balance your desires with a large dose of common sense. The planets warn you could easily be fooled today.

LEO ♌
JULY 23-AUG 23
You should know by now that the best way to help yourself is to help others and what happens next will provide you with opportunities.

VIRGO ♍
AUG 24-SEPT 22
Did something go wrong for a particular reason? Or was it just one of those things that no amount of preparing and planning could prevent?

LIBRA ♎
SEPT 23-OCT 23
The pace of life may not be so hectic physically now but your mind is moving faster than ever.

SCORPIO ♏
OCT 24-NOV 22
Something happened recently that looked like a setback, but now you can see it makes very little difference to your long-term plans.

SAGITTARIUS ♐
NOV 23-DEC 21
Have faith in your own ideas even if they turn people against you: It is inevitable when coming up with new ways of looking at the world.

CAPRICORN ♑
DEC 22-JAN 20
If you want to make a name for yourself now is the time to stop thinking and start doing those things that will get you noticed.

AQUARIUS ♒
JAN 21-FEB 18
Today's Mercury-Jupiter link-up gives you a huge advantage in that it helps you see things way ahead of everyone else.

PISCES ♓
FEB 19-MARCH 20
You are too close to a situation emotionally to be able to take a rational view of how what needs to be done to make it go better.

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El Portillo • 4 1/2★
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Puerto Vallarta
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Beach Club • 3★
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$1199
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Santa Clara
Meliá Las Dunas • 4★
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Standard rm.
Oct. 31 & Nov. 7 • 1 wk.

$599
Taxes & other fees (including service charges): $222
Departure tax: 25 CUC cash, paid locally

Orlando
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Sunspree Resort • 3★
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$649
Taxes & other fees (including service charges): $125

Los Cabos
Barceló Los Cabos
Palace Deluxe • 5★
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Jan. 9 – 30 • 1 wk.

$1199
Taxes & other fees (including service charges): $274

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